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Wm. W. Hale, N.Y.

Very Truly Yours  
W. W. Hale

EDITOR OF THE JOURNAL OF HEALTH

# F U N

## BETTER THAN PHYSIC;

OR,

### EVERYBODY'S LIFE-PRESERVER.

*a book full of absurdities  
mingled with* BY *many happy hits.*

W. W. HALL, M.D., NEW YORK,

AUTHOR OF "THE GUIDE-BOARD," "HEALTH BY GOOD LIVING,"  
"JOURNAL OF HEALTH," ETC.

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*The good things of this life were made to be enjoyed.*

*A healthy fool is happier than a sick Solomon.*

*A hearty laugh elevates the spirits, and enlivens the  
circulation.*

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SPRINGFIELD, MASS.:

D. E. FISK AND COMPANY.

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## NOTE.

To induce all mankind to partake of the GOOD THINGS of this life, and believing that GOOD FOOD, PURE AIR, and a CHEERFUL DISPOSITION are the best elixirs, has prompted us to present to the public another volume of the writings of DR. HALL, trusting that our effort will prove a lasting benefit, not only to the present, but to countless generations yet to come.

PUBLISHERS.





## PREFACE.

A SENTENCE, a line, a word, has sometimes made such a deep impression on a man's mind as to change the whole plan of subsequent life, and make or mar his fortune.

It is hoped that some of the sentiments of this book will be so CONVINCING and SELF-EVIDENT as to fasten themselves on the memory of its readers, and lead them to make the preservation of the HEALTH an IMPERATIVE DUTY; considering that, without it, existence has no SUNSHINE — is a burden instead of a BLESSING.

THE AUTHOR.



## DR. HALL'S MAXIMS.

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HUMAN life is a talent, a privilege, a probation. To live to purpose, men should live long, in order that they may gain experiences, for by the wise use of these, grand things are said and done. It then follows that this life should be cherished by all those practices which tend to preserve it in its highest, healthiest forms, and to its greatest duration, and therefore HEALTH IS A DUTY !

It is interference with nature which kills multitudes of those who die of disease, as it is the defiance of her laws which made those multitudes sick.

LIFE being hung on little things, its preservation is a daily miracle ; and that any of us should arrive at mature age, is owing to the fact that there is an Eye upon us which never sleeps, the eye of a Heavenly Father, whose loving-kindness is over all his works ; whose "mercies are new every morning, and fresh every evening."

NATURE has made her terms with us, how we may enjoy our daily existence and lengthen out our lives; these terms are, to know her laws, and not infringe on them.

WHATEVER position a man finds himself placed in, whether by accident, fortunate speculation, or persevering industry, he should always retain that command over himself that will entitle him to the good will of old as well as new friends.

As a very general rule, when a man gets sick it is his own fault, the result of either ignorance or presumption.

WE ought to know that our Maker is beneficent enough to cause that kind of food to flourish most in the locality where the human residents most need its elements. How strange that infatuation which causes us constantly to overlook the multitudes of evidences about us of the forethought of our Creator! This great principle is evidenced in our finding meats and animal oils almost exclusively as the aliment of the Greenlander, while fruits in rich profusion are found in all tropical countries, fruits being cooling, and meats and oils necessary to keep up an internal fire where quicksilver freezes.

MORE people die prematurely from want of care in any given year, than perish by plague, famine, pestilence, and war.

MORE people die of air-tight rooms, than of unchinked log-cabins.

By indulging your wives in frequent excursions, three or four times in a year, you will enlarge their views of things, increase their sociabilities, improve their health and their tempers, and more, you will find they have an increasing love for home.

BETTER far to wear out in moderate and useful activities, than to rust out in inglorious ease. Sun, moon, and stars; air, earth and ocean; rill and river; cascade and cataract; all, by their ceaseless motion, live. There is not an atom wholly idle in the wide universe. Nor should man be. They are for time; he for eternity. Their destiny is fixed for them; man makes his own, according to the work of his hands.

PHYSICIANS may rest assured that if the instincts of the invalid and the convalescent were more closely observed and studied, they would be more successful, with less medicine.

WE believe that the first duty of a theological student is to take care of his health, and chew Hebrew roots and Greek themes afterwards.

It is a beautiful fact, that while the warmth and exposures of summer tend to biliousness and fevers, the free use of fruits and berries counteracts that tendency.

THERE is not a laborer in the workshop, nor a toiling man in the post-office, nor a clerk in the counting-house, that may not claim the Sabbath. Next to God's word, God's Sabbath is the right and privilege of man. And when that last Sabbath comes, the Sabbath of all creation, the heart, wearied with its tumultuous beatings, shall have rest; the soul, fevered with its anxieties, shall enjoy peace. The sun of that Sabbath will never set, or veil its splendors in a cloud. The flowers that grow in his light will never fade. Our earthly Sabbaths are but faint reflections of the heavenly Sabbath cast down upon the earth, dimmed by the transit of their rays from so great a height and so distant a world. The fairest landscapes or combinations of scenery upon earth are but the outskirts of the paradise of God—fore-earnests and intimations of that which lies beyond them; and the happiest Sabbath heart, whose every pulse is a Sabbath bell, hears but a very inadequate echo of the chimes and harmonies of that Sabbath, that rest, where we “rest not day and night,” in which the song is ever new, and yet ever sung.

AT the present day there is a great fondness for vegetable medicines. Anything, having the prefix of vegetable to it, goes down with the multitude.

It is by copying after nature, man makes his greatest and most useful discoveries.

LET our children starve for bread rather than for air. Let us see to it that their apartments, at home and in the school-room, are well ventilated, and that they are not too long confined on hard benches, in crowded rooms. Let them learn to play as well as to study. Let us educate their bodies as well as their minds.

WHAT a grand thing it is for the doctors that so few people have any sense, not even sense enough to take pains to keep well when they are so,—to keep well by doing justly, living temperately, and pursuing in moderation the various callings of human life !

It is with difficulty that old habits are renounced, even when one is convinced that life can be prolonged and made happier thereby ; but it is a question for young men seriously to consider, whether, on starting in life, they will addict themselves to a habit which at once wastes the time, sours the temper, is against nature, and consequently involves their health and that of their offspring.

VERY few of the great minds of this country have come from the city, or the cradle of the rich. The farm and the workshop have supplied by far the largest number of our eminent men.

WE may say, with great truth, that the material glory, permanence, and power of any community consist in the physical vigor of the individual men and women who compose it; for physical perfection gives mental energy and mental health.

A PERSON who will throw himself on his back in the water, with his hands held clasped in each other at his back, and with his head thrown back so that the nose and mouth may protrude from the water, may float for hours, and cannot sink in that position.

IF a child is regularly put to sleep at the same time, for only three or four days in succession, the habit will so rapidly grow upon it that, with the aid of quiet and a little darkening of the room, it will, if well, fall to sleep within a few minutes of the time, for weeks and months in succession, such is Nature's love for system and regularity.

THE world would hail it as a glad event, if physicians could be so educated as to cure all disease; but it would more largely add to its happiness if all could be so well instructed, as to the first symptoms of every ailment, as to be able at once to arrest its progress, and thus no physician be needed to cure. And yet any one must know, that if men could be so taught to live that disease would not be possible, half the sufferings of humanity would be annihilated. And for this I labor.



IT is the full, steady, equable exercise of every mental faculty, which is the only infallible guarantee against fatuity.

IF you are well, let yourself alone.

THE proper way to give a medical direction is, to use the most common words in their ordinary sense, and in a manner not only to make them easily understood, but impossible to be misunderstood, and to take it for granted that the person prescribed for knows nothing.

IGNORANCE is always reckless.

PRESENTIMENTS love weak places; hence they flourish among weak-minded people — not necessarily weak-minded by nature, but made so by a diseased body.

A MAN in consumption will more certainly get well in Greenland than in the West Indies. Dr. Kane was an invalid, in the waters of the Gulf of Mexico, in summer. Many considered him doomed for consumption. In six months he was in Greenland, and after remaining there several years, exposed to all the rigors of the Arctic seas, he returned in better health than he had known for several years.

LET it be the aim of life to preserve and improve our health, and to be good; then we shall have a happy existence beyond the tomb.

READER of mine, in the shades of the forties, you have found, more than once or twice, that in times of real difficulty, if you could not help yourself, you had to go unhelped. This is as it should be. It makes men self-reliant. He who is always helped remains a baby always, and his name and memory rot in — his body.

THE fact that new nostrums remain popular only for a brief period, proves that their healing virtues, like the diseases they profess to cure, are imaginary. Each remedy has its brief day of glory, and is succeeded by a rival candidate for the popular applause. Each new invention has a twofold office. It comes to bury the dead, and herald a new race. Every fresh adventurer denounces all rivals as deceivers and impostors. These makers and venders of nostrums abuse each other like pickpockets. They wage upon every fellow-quack an internecine war. Every member of the fraternity is an Ishmaelite to every other. On all sides it is war to the knife, and the knife to the hilt. The dead lie prostrate on many a hard-fought field. But it is the *patients* who die, not the *quacks*.

KEEP every spot of your dwelling scrupulously clean and dry, from cellar to garret, and from the line fence in the rear to the centre of the street in front.

THE forms and ceremonies of politeness may be dispensed with; in a measure, in the relations and intimacies of one's own fireside, but kind attentions never.

THE rule that a man may eat almost anything with impunity, applies to one in good health, eating in moderation, according to the quality of the food; but when an invalid is to be fed, very different principles are to govern.

DISEASE will as certainly be engendered by too little food as by too much.

DIETING consists in adapting the food in quantity, as well as quality, to the wants of the system.

THERE can be no doubt that an ill-conditioned cellar is the unsuspected cause of death among many a happy household.

THE mud of our streets owes half its parentage to the dust of the earth, and half to the rains of heaven. So the vice and crime which disfigure society appear to grow out of the alliance of extreme wealth and extreme poverty. It is chiefly in the very lowest or in the very highest stages of the social edifice that we encounter intemperance, licentiousness, gambling, and the various forms of profligacy which still curse our civilization.

ONE of the great errors of the age is, we medicate the body too much, the mind too little.

TAKE almost any business man, and he will tell you, in more than three cases out of four, that he has lost more by bad debts than he is now worth. It is a monstrous fallacy that "if a man expects to become rich he must go in debt." The sentiment originated in the heart of a rogue. Debt is not the policy of the most successful men.

THE hair grows fastest in summer, and in the young. A finger nail is renewed in a hundred and thirty-two days in winter, but requires only a hundred and sixteen of warm weather. And as light hastens vegetation, so it is known that the hair grows faster in the daytime than in the night; and the beautiful principle holds good as to our moral being. We all expand and grow into the likeness of our great Father in proportion as charity keeps up the warm summer time in our hearts, while the sunlight of a life that is pure and true dispels the clouds and darkness of wrongdoing, and creates an atmosphere fit for the breath of angels.

DYSPEPTIC persons had a thousand times better "top off" with a few teaspoons of strong vinegar, than with a plum pudding or mince pie, or a glass of wine, brandy, or champagne.

WE need more of heart, and less of voice, if we would carry men with us, and take them captive against their will.

IF you desire to live long in ease and comfort, free from grunts and groans, and aches and pains; if you would have a countenance of genial sunshine, instead of vinegar; if you would be overflowing with risibilities, instead of being racked with rheumatics, *get rich* by spending your youth in temperate industries and prudent economies, having in view the wise and kindly expenditure of your wealth in a healthful old age.

SONG is the outlet of mental and physical activity, and increases both by its exercise. No child has completed a religious education who has not been taught to sing the songs of Zion. No part of our religious worship is sweeter than this.

THE more clothes a man wears, the more bed-covering he uses, the closer he keeps his chamber, whether warm or cold, the more he confines himself to the house, the more numerous and warm his night-garments, the more readily will he take cold, under all circumstances; as the more a thriftless youth is helped, the less able does he become to help himself.

MORE persons are destroyed by eating too much than by drinking too much. Gluttony kills more than drunkenness in civilized society.

THE best preparation for a fine head of hair is good health. The best and cheapest means are the proper use of a hair-brush and pure water.

THERE is not a girl on earth, whether the daughter of prince or pauper, who, if made a perfect mistress of all household duties, and thrown into a community wholly unknown, would not rise from one station to another, and eventually become the mistress of her own mansion, while multitudes of young women, placed in positions of ease, elegance, and affluence, but being unfitted to fill them, will as certainly descend from one round of the ladder to another, until, at the close of life, they are found where the really competent started from. Mothers of America, if you wish to rid your own and your children's household of the destroying locusts which infest your houses and eat up your substance, take a pride in educating your daughters to be perfect mistresses of every home duty; then, even if you leave them without a dollar, be assured they will never lack a warm garment, a bounteous meal, or a cosy roof, nor fail of the respect of any who know them.

If you act with a view to praise only, you deserve none.

No disease ever comes without a cause, or without a warning. Hence endeavor to think back for the cause, with a view to avoid it in future, and on the instant of any unpleasant bodily sensation, cease eating absolutely until it has entirely disappeared, at least for twenty-four hours. If still remaining, consult a physician.

FRUITS and berries are healthy every day of the year, whether a man is sick or well. Actual observation has established the fact that fruit is medicinal even in diarrhoea, inasmuch as it has a curative effect when properly used.

LET it be remembered that it is not the medicine advised by the educated physician which has done the world so much injury, but it is the physic which the people swallow on their own responsibility. When a narrow-minded person gets sick, he "calculates" the saving it will be to him to give twenty-five cents for a box of pills instead of "employing a physician," besides avoiding the discomfort of "a course of medicine," as it is called. This answers for a while in many cases, but it is ultimately disastrous, and health and life are the fearful forfeit.

INTELLIGENT druggists know that all medicines sold for coughs, colds, consumption, and tickling in the throat, contain opium in some form or other. They repress the cough, but do not eradicate it; hence the first purchase paves the way for a second or a third. Meanwhile, as it is the essential nature of opium to close up, to constrict, to deaden the sensibilities, the bowels do not feel the presence of their contents calling for a discharge, and constipation is induced, and becomes the immediate cause of three fourths of all ordinary ailments, such as headache, neuralgia, dyspepsia, and piles.

PICKLES should never be kept a moment in any vessel except it be of stone, wood, porcelain, or glass. In most other vessels, earthen or metallic, they soon become poisonous.

Do not commence a day's travel before breakfast, even if that has to be eaten at daylight. Dinner or supper, or both, can be more healthfully dispensed with than a good warm breakfast.

THE habitual use of pills, or drops, or any kind of medicine whatever, for the regulation of the bowels, is a sure means of ultimately undermining the health, in almost all cases laying the foundation for some of the most distressing of chronic maladies; hence all the pains possible should be taken to keep them regulated by natural agencies, such as the coarse foods and exercises.

THE three great essentials to the human health are, keep the feet always dry and warm, have one regular action of the bowels every day, and cool off very slowly after all forms of exercise.

SPASMODIC exercise, that which is short and violent, is contrary to nature. It is seldom unattended with injurious consequences, and, as to invalids, causes death sometimes.

THE irresponsible brute has no other guide to health than that of instinct. It is in a measure absolutely despotic, and cannot be readily contravened.



How many a youth at school, how many an apprentice in the shop, how many a child in the family, has gone out in the night of a blighted life, who, with humane encouragements, might have lived usefully and died famous, let the passionate teacher, and master, and parent inquire, and do a little more patting on the shoulder.

THE greatest humanity we can show to the sick, is to secure to them the most important remedies ever known, to wit, quietness, cleanliness, and pure air. These alone would cure three fourths of all our diseases; but we will not use them. Yet they are everywhere attainable, and cost nothing but a little trouble. With the same physicians and the same medicines the mortality of the British army in the Crimea was diminished one half through the influence of Florence Nightingale, in the procurement of greater comfort and cleanliness among the sick.

To be growing old, and have no children or grandchildren, presents a bleaker prospect than to be perched on a pyramid of the desert, or upon a glacier of the frozen sea. Single folks, marry, — and marry while you are young.

UNDER intense bodily or mental application, if you find your memory failing you, as you value bodily health, and the mind itself, break away at once from all your engagements, and spend weeks together in out-door recreations.

PERSONS often trouble themselves uselessly about having disease of the heart or lungs, because they have pain thereabouts. These are good signs generally, as showing that the pains are external to these organs, for there can be no pain where there are no nerves. The fact is, the most certainly fatal affections of these organs give no note of warning by pain until within the last brief hours of life. The very substance of the lungs and heart is often eaten through, eaten away, without a remote suspicion on the part of the patient that such was the case.

OF any two young men starting on the race of life, one poor but healthy, the other rich and effeminate, other things being equal, the chances for usefulness, honor, and a well-remembered name are manifold in favor of the former. Who that reads this article will lay it down, and resolve, "I will do more to leave to my children a vigorous constitution"?

WHATEVER renders the blood impure tends to originate consumption. Whatever makes the air impure makes the blood impure. It is the air we breathe which purifies the blood. And as, if the water we use to wash our clothing is dirty, it is impossible to wash the clothing clean, so if the air we breathe is impure, it is impossible for it to abstract the impurities from the blood.

WE place great stress on taking some food or stimulating drink into the stomach, on waking in the morning, before going out into the morning air, in all southern latitudes, especially in the warm weather, because we all wake up in a languid condition. The stomach naturally, and by means of its long fast, has its share of languor, and has almost no power of resisting its own instinct to drink in whatever is presented to it. Nor have the other parts of the system any greater ability of self-defence, — of resisting deleterious impressions from an atmosphere loaded with poisonous miasm, which is present in its greatest malignity and in its most concentrated and compact form for the hour or two about sunrise, in warm weather, in all southern latitudes — malignant enough, in some localities, to cause death in forty-eight hours. A little food, or a cup of hot drink, wakes up the weak stomach, imparts nutriment to it, and with that, strength to defend itself. Hence all persons should take their breakfast before they travel in warm weather; and, for the same reason, all out-door laborers, farmers, &c., should do the same.

LET our readers remember that only ignorant and presumptuous men talk of "certain" cures. The truly wise physician speaks with reserve, and such only ought to be trusted with human health and life.

THERE is only one safe plan of using coffee, and that is, never, under any circumstances, except of an extraordinary character, exceed in quantity, frequency, or strength; take only one cup at the regular meal, and of a given, unvarying strength. In this way, it may be used every day for a lifetime, not only without injury, but with greater advantage than an equal amount of cold water; and for the simple reason that nothing cold should be drank at a regular meal, except by persons in vigorous health.

WHILE medicine has no power to cure epilepsy, it is very certain that grown persons can keep it in abeyance by the exercise of a close observation and a sound judgment—can, in other words, ward off an attack for a lifetime, by attention to two things: First, by avoiding, as to quantity and quality, the food which causes any kind of discomfort. Second, by regulating the system so as to have one full, free action of the bowels every twenty-four hours. To look for restoration in any other direction is utterly hopeless.

LOVE that has nothing but beauty to keep it in good health is short-lived, and apt to have ague fits.

A SIXPENNY sandwich, eaten leisurely in the cars, is better for you than a dollar dinner, bolted at a "station."

I SET it down as a clearly established fact, that a glass or more of cold water, drank habitually at meals, or soon after, is a pernicious practice, even to the most healthy.

WHY you should walk slowly in warm weather, needs no explanation to thinking people; but as nine tenths of mankind never think, but act mechanically as to the commonest facts of life, we may state, that walking fast in summer time causes perspiration, and if, while in that condition, a person is stopped in the street, or in any way exposed to a draught of air, a cold is inevitable.

AFTER speaking, singing, or preaching in a warm room in winter, do not leave it for at least ten minutes, and even then close the mouth, put on the gloves, wrap up the neck, and put on cloak or overcoat before passing out of the door. The neglect of these has laid many a good and useful man in a premature grave.

EAT your meals with an unanxious, unannoyed, and cheerful heart, and consider him, her, or it your worst enemy that interferes in this direction; for passion, anxiety, alarm, mortification, instantly arrest digestion.

RESPECT yourself by exhibiting the manners of a gentleman or a lady, if you wish to be treated as such, and then you will receive the respect of others.

WHEN the stomach is about to be distressed by an improper meal, nature sometimes excites the most earnest longings for an acid of some kind, and such persons should always have some good vinegar on hand, although tart fruits or grapes are a great deal better.

THE experienced practitioner well understands that the habitual taking of any efficient medicine is the certain road to a premature, and, very often, a violent or agonizing death.

EXEMPTION from trouble is a negative happiness, but to delight in removing the troubles of others, and placing smiles and gladness in their stead, is well worthy of him who is declared to be but "a little lower than the angels." To grow old in a confiding submission to the will of God, and in the habitual exhibition of a brotherly affection to all of woman born,—this is the life divine, the matchless elixir, the panacea for human sorrow, the balm of immortality.

Do not suppose yourself specially and designedly neglected, if waiters at hotels do not bring what you call for in double-quick time. Nothing so distinctly marks the well-bred man as a quiet waiting on such occasions. Passion proves the puppy.

THE failure to wear woollen flannel next the skin is the most frequent cause of rheumatism.

TRAVEL is a great leveller. Take the position which others assign you from your conduct, rather than from your pretensions.

It requires no great amount of perspicacity to see the connection between falsehood and disease, between morals and health, between the condition of the mind and the condition of the body, how one involves the other. Remorse makes most of our suicides; remorse drives multitudes every year to a drunkard's premature grave; and how many it sends to that place more dreary than the grave itself, the insane asylum!

Do not allow yourself to converse in the cars in a tone loud enough to be heard by a person two or three seats from you. It is the mark of a boor if in a man, and of want of refinement and lady-like delicacy if in a woman. A gentleman is not noisy; ladies are serene.

ONE of the first steps from childhood to ruin is concealment from parents. One of the most valuable points to be gained by parents is to secure the confidence of their children. No daughter was ever lost who confided wholly in her mother's heart. No young man ever went to ruin who made his father his most intimate friend.

COMPLY cheerfully and gracefully with the customs of the conveyances in which you travel, and of the places where you stop.

POVERTY, disease, and crime herd together, while thrift, health, and position are found associated in the same individual. The education of the street leads to the former, the education of the church leads to the latter; by which we mean, that as a matter of civil polity, the most certain exterminator of disease, and crime, and shiftless poverty is securing to children the benefits of a religious training, of Sunday church-going, of ministerial visitation, and of daily parental counsel on church topics.

THE dyspeptic kills himself; the drunkard kills others.

A SOLDIER, disabled in trying to shoot his brother man, is at once placed on the pension list; but a clergyman, whose youth and manhood have been spent in the effort to throw around this world a chain of love, and raise it up to heaven, if he is disabled in his God-like work, is sometimes turned out to die like an old dray-horse.

THE average duration of the life of men after "retiring from active business" is less than three years.

No man works as hard in summer as in winter, consequently the wastes of the system are less; therefore a less amount of food is wanted in summer than in winter. The supply must be regulated by the demand.



PERSONS who walk a great deal during the day, should, on coming home for the night, remove their shoes and stockings, hold the feet to the fire until perfectly dry, put on a dry pair, and wear slippers for the remainder of the evening.

Boots and gaiters keep the feet damp, cold, and unclean, by preventing the escape of that insensible perspiration which is always escaping from a healthy foot, and condensing it; hence the old-fashioned low shoe is best for health.

WHEN a simpleton wants to get well, he buys something "to take;" a philosopher gets something "to do;" and it is owing to the circumstance, that the latter has been in a minority almost undistinguishable in all nations and ages, and that doctors are princes instead of paupers.

If a man faints away, instead of yelling out like a savage, or running to him to lift him up, lay him at full length on his back on the floor, loosen the clothing, push the crowd away so as to allow the air to reach him, and let him alone. Dashing water over a person in a simple fainting fit is a barbarity, and soils the clothing unnecessarily. The philosophy of a fainting fit is, the heart fails to send the proper supply of blood to the brain: if the person is erect, that blood has to be thrown up hill, but if lying down, it has to be projected horizontally: which requires less power, is apparent.

AFTER any kind of exercise, do not stand a moment at a street corner for anybody or anything; nor at an open door or window. When you have been exercising in any way whatever, winter or summer, go home at once, or to some sheltered place; and however warm the room may seem to be, do not at once pull off your hat and cloak, but wait a while, some five minutes or more, and lay aside one at a time; thus acting, a cold is impossible.

WHAT one man eats or drinks in quality or quantity is no guide for any other man, any more than the amount of labor one can perform is the criterion for another. Each man must for himself bring his own observation and judgment to bear on the question, *How much must I eat?* The general rule is, do not eat so much as to cause any unpleasant sensation afterwards.

If you at any time take a meal, and afterwards, within an hour or two, feel uncomfortable, then what you have eaten *does not agree with you*; you have eaten, either in quantity or quality, what your stomach cannot digest. Nine times out of ten it is the quantity, and not the quality, which does the mischief.

THAT man or woman who is not happy at home, has made a sad failure as to the largest portion of a lifetime.

READER, never make a fool of yourself by writing a letter while in a passion, to anybody, however high or however low. And even if under great provocation, take a noble pride in exhibiting the dignified courtesy of a gentleman, and the forbearance of a Christian; and remember, the more you gloat over the severity of what you have written, the more of an ass you will be for sending or publishing it.

EVERY intelligent and humane parent will arrange that the family room and the chambers shall be the most commodious, lightest, and brightest apartments in his dwelling.

To have one's wits about him, under all contingencies, is one of the most valuable practical qualities which a man can possess. It belongs to a strong mind, whether in man or woman; and would save thousands of lives and incalculable suffering every year. One of the means by which we can arrive at a good share of this valuable characteristic is, to fix in the mind what should be done under certain circumstances. To do this, presupposes intelligence.

A MAN who lends his money at three per cent. a year, to be returned to him in an hour's notice, makes more than he who lends by the year at twenty per cent.; for, in the latter case, it usually *stays* lent.

HEALTH and long life are almost universally associated with early rising; and we are pointed to countless old people as evidence of its good effects on the general system. Can any of our readers, on the spur of the moment, give a good and conclusive reason why health should be attributed to this habit? We know that old people get up early; but it is simply because they can't sleep. Moderate old age does not require much sleep; hence, in the aged, early rising is a necessity or a convenience, and is not a cause of health in itself.

A DOG confined in a cellar will become consumptive in six weeks, according to the observation of medical men. No room without the glorious sunshine is fit for any living creature, man or beast. The glorious sunshine! The free and bounteous gift of a beneficent Creator—the source of all buoyant, healthful life! Yet in our truculence to fashion, in our greed of gold, in our infatuated indifference to the health of our wives, our children, and of ourselves, we remorselessly throw it all away, one of the loveliest gifts of a loving God, the beauteous sunshine!

A VERY small stock of ideas on call, which can be made use of at a moment's notice, is worth whole cart-loads of magnificent lumber which require a month to separate and classify.

Do not enter a sick chamber on an empty stomach, nor remain as a watcher or nurse until you feel almost exhausted, nor sit between the patient and the fire, nor in the direction of a current of air from the patient towards yourself, nor eat or drink anything after being in a sick room until you have rinsed your mouth thoroughly.

To live long, and well, and usefully, be temperate in all things, remembering that the only certain and effectual way of being temperate in reference to liquor is, *never taste a drop*.

To get well of any chronic disease, of a serious character, and to remain cured, a man must be led to see the nature of his own case, the needs and requirements of his own constitution, and must have that force of character which compels compliance with those requisitions. As long as the world stands, the ignoramus and the animal will die before his time. Intelligent self-denial is the price of health and long life the world over: it never will be otherwise.

How many a poor fellow would be saved from suicide, from the penitentiary, and the gallows, every year, had he been blessed with a good wife!

WHEN you are perspiring freely, keep in motion until you get to a good fire, or to some place where you are perfectly sheltered from any draught of air whatever.

WEALTHY parents who have sickly children have committed a double wrong against them — the wrong of neglect or ignorance, and the still greater one of having at their command the means of health, and yet failing to make their application.

SUMMER heats relax, invite to physical inactivity and ease; locomotion is an effort; the mind itself participates in the inertia of the body, and both stagnate together. On the contrary, the sparkling frosts of winter rouse up our activities, the pulses bound with the fire of life, and we are ready, at a moment's notice, to do or dare anything; we can scarce keep the body still; motion is a luxury, while in summer time it was a drag. The great practical lesson is, in proportion as you would avoid crime and madness, aim to be *fully* employed, whether in summer or winter, in doing something which combines, in its highest extent, the useful and the good.

THE man who insures a cure of anything, under all circumstances, is an ignoramus or a knave.

THERE are tens of thousands suffering this moment in the public hospitals, asylums, and other places of charity, from destitution and diseases from want of occupation, not of necessity, but simply because they were either too idle to work, too incompetent to do it well, or too lazy to apply themselves.

ORDER is Heaven's first law. Regularity is Nature's universal rule. Morning, noon, and night the healthy man becomes hungry at the usual eating hour for half a century. No human machine can work the twentieth part so long without adjustment or repair. At the accustomed hour the infant becomes sleepy; within ten minutes of the time does the regular man wake of a morning for weeks and months in succession. So is it with the desire to stool: with almost all it comes on soon after breakfast. This appears to be the most proper time, and if not interfered with, this inclination will come on for a lifetime, with but a few minutes variation, and a healthful old age is the result; but if interfered with, the foundation begins to be laid of nine tenths of all our maladies, and a premature and painful death.

THE less a man uses (spends) the money he accumulates, the richer he becomes; the less a student uses his daily accumulation of knowledge, the bigger bore he is. Therefore, save your money — use your sense.

THE best and truest benevolence is to put a man in the way of helping himself; this gives him self-reliance, relieves him of the degradation of dependence, and makes him at once feel that he is a man — the highest aid and the best guarantee that he will act like a man.

INSTEAD of aiming to pass the latter part of life in dangerous, inglorious ease, let the ambition be to spend it in active benevolences, happifying alike the heart of both giver and receiver, thus leaving a name behind, not written in the sands of selfish indulgence, but engraven in imperishable characters on the grateful memories of man, and in the "Book of Life."

MILLIONS daily give and take medical advice from one single experience or observation, and multitudes daily die in consequence.

PERSONS in health do not need any pepper in their food. But to those of weak and languid stomachs, it is manifold more beneficial to use Cayenne pepper at meals than any form of wine, brandy, or beer that can be named, because it stimulates without the reaction of sleepiness or debility.

IN high bodily health, brain-work, like body-work, gives an appetite; and if that appetite is only indulged regularly and moderately, any student may live to a good old age with an hour or two of judicious exercise out of doors every day, and, in the end, save years of efficient labor by it. So far from complete inaction being perfect enjoyment, there are few greater sufferings than that which the total absence of occupation generally induces.



ONE of the best means of ventilating a sick chamber, where it may be considered not advisable to raise a window, is to open an inner door, and kindle a chip fire on the hearth for a few minutes in summer, or simply open the door if it is fire-time of year.

OUR general opinion is, that all children under ten years of age, all invalids, people of thin flesh, and those who are easily chilled, should always wash their limbs and bodies in warm water, with soap and brush, in a room almost as warm as the water itself.

AN open window most nights in the year can never hurt any one. This is not to say that light is not necessary for recovery. In great cities night air is often the best and purest air to be had in the twenty-four hours. I could better understand shutting the windows in towns during the day, than during the night, for the sake of the sick. The absence of smoke, the quiet, all tend to make night the best time for airing the patient.

HAIR specifics. Let them alone. We think the whole of them are a cheat. There is not one single exception. A "*specific*," in medicine, is a term which implies certainty of effect. Hair falls out from the want of nutriment. It dies just as a blade of grass dies in a soil where there is no moisture. This want of nutriment is functional or organic.

COMPEL your children to take care of their health!

READER, keep ever before you the fear of "frenzy," for in an unguarded hour, within any dozen minutes, it may lead you to utter a word against a heart that loves you, whose wound no tears can ever wash away; may lead you to commit an act which will send you to the gallows or a mad-house!

PERSONS who work hard, under twenty years of age, should be allowed ten hours' rest in bed. The health of girls is sometimes ruined by overpushing mothers.

READER, let you and I strive to live so that it may be justly inscribed on the slab which covers our graves: "He did not live in vain."

AN article may not agree with the stomach to-day, but may agree with it very well in a few days, weeks, or months afterwards, because its distinctive elements may then be needed in the system.

THERE is no advantage, as to health, in sleeping in a very cold room, cold enough to have ice formed in it during the night.

"BREAD and butter" and milk are the only two articles of food which have all the elements of nutrition; hence from childhood to extreme old age we are never tired of them.

To all young men, who aim to do good on a large scale, we say, most earnestly, Nurse your constitution with pious care; invigorate it; study to be well, as the necessary means of doing well, in the highest sense of the term.

ALWAYS air your room from the outside air if possible. Windows are made to open, doors are made to shut—the truth of which seems extremely difficult of apprehension. Every room must be aired from without—every passage from within.

No man ought to marry who has to work like a horse from morning until night to supply family necessities, whether it be by brain or body; for if the body is thus made a drudge of, it perpetuates impaired power to the race; while if the brain is overwrought, its effects will be seen in children of feeble intellect, if, indeed, they be not demented. To calculate, therefore, on a reasonable share of domestic enjoyment, the parties most interested should aim to find in each other as great an amount as may be of high moral principle, of bodily health, and either the actual possession of a suitable maintenance, or an individual ability to secure it without peradventure.

LET it be always borne in mind that cold air is not necessarily pure, nor is warm air necessarily impure.

FROM "eight to sixteen"! In these few years are the destinies of children fixed, in forty-nine cases out of fifty—fixed by the parent! Let every father and every mother solemnly vow, "By God's help, I'll fix my darling's destiny for good, by making home more attractive than the street."

SUN-STROKE is prevented by wearing a silk handkerchief in the crown of the hat, or green leaves, or a wet cloth of any kind; but during an attack, warm water should be instantly poured on the head, or rags dipped in the water and renewed every minute. The reason is twofold: the scalp is dry and hot, and the warm water not only removes the dryness, but carries off the extra heat with great rapidity by evaporation.

THE only way in which a man can "retire on a fortune" with safety, with comfort, with happiness and honor, is to lay his plans so that his time shall be fully and compulsorily occupied in advancing the well-being of others, in every way compatible with the safety of his own fortune and health.

IN all ordinary ailments and accidents, secure quiet of body, composure of mind, pure air, pure water, and simple food at regular intervals; being a little hungry all the time.

CHILDREN should be compelled to be out of doors for the greater part of daylight, from after breakfast until half an hour before sundown.

WE do not advise a warm bath oftener than once a week. But we must consult nature and facts. Each man should bathe in a manner which, from observation and personal experiment, does him most good. In matters of health and disease each must be his own rule. Immense mischief is daily done by ignoring this principle, which is at once the dictate of a sound philosophy and of common sense.

HOWEVER healthy a man may be, anxiety for tomorrow's bread will soon undermine the strongest constitution.

HUMAN life, in all its relations, is a series of generous reciprocities, and they who give them wisely, will receive them in return. We who are of higher cultivation must take the lead in the exhibition of all good and noble qualities.

THERE is more love in a full flour barrel, than in all the roses, and posies, and woodbines that ever grew.

To die childless, after having been once blessed with dear children, must be one of the most terrible of all calamities of the heart; yet in countless multitudes of cases the sufferers are the authors of their own crushing sorrows, by reason of their unpardonable ignorance or more criminal neglect.

NEVER go to bed with cold or damp feet.

SOME persons' feet are more comfortable, even in winter, in cotton, others in woollen, stockings. Each must be guided by his own feelings.

WE protest against anybody making publications on human health except educated physicians; and we counsel those of our readers who wish to be on the safe side, to give a wide berth to all rules, regulations, suggestions, and dicta about the preservation of health and the cure of diseases, unless they bear the name of some medical man of eminence, or of some medical publication of acknowledged authority.

THE more sick people can sleep, the sooner they will get well. Sleeping in the daytime, if before noon, enables them to sleep better the following night.

THE judgment of the observant is rapidly settling down in the conviction that furnace-heated houses are rapidly undermining the constitutions of whole families, and thus render them the easy prey to every acute disease.

FUN is worth more than physic, and whoever invents or discovers a new source of supply, deserves the name of a public benefactor; and whoever can write an article the most laughter-promoting, and at the same time harmless, is worthy of our gratitude and respect.

ONE of the most important promotives of health is the getting along smoothly in the world, and one of the ways of doing this is to be habitually courteous and accommodating, and to "give a little." Don't stand up for all your rights. Do not exact the last cent due you in your dealings, under the deceptive plea that you owe it to yourself to be just, and to the one dealing with you, to let him see that you will not countenance imposition. In our experience through life, we have found that generous men have about as good an idea of what is justice as any other class of people; for they are just enough to make allowances for the mistakes, forgetfulness, prejudices, misapprehensions, and ignorance of their fellow-men.

EVERY parent should peremptorily forbid all sewing by candle or gas light, especially of dark materials.

It is greatly to be regretted that scientific men should, for pay, in money or soft soder, lend their influence to simpletons and knaves, to the risk of the health and life itself of the community at large.

No mechanic should marry until he is master of his trade; nor a professional man, until his income is adequate to the style of life which he determines upon; nor the merchant, until his clear annual gains are equal to his domestic expenditures, unless, indeed, there are, in either case, independent and unconditional sources of income.

EVERY element of the human body is found in the food which Nature prepares for man. Our food is the vehicle through which that element is supplied, and that is the natural mode of supply. Thus it is, that in many remembered cases, sick persons became possessed of an appetite for a particular kind of food, and on eating it got well, because, as it were, Nature knew that the body needed the element which that kind of food most largely abounded in.

THE greatest humanity a mother can exhibit in respect to her sick child is to *divert it*, DIVERT IT, in all the pleasing ways possible, as we ourselves, who are larger children, feel sometimes really sick, when a cheerful faced and much loved friend has come in, and before we knew it, we had forgotten that anything was the matter with us.

WASHING the feet every night in warm weather, and soaking them in warm water for ten minutes three times a week in winter, admirably promotes that warmth, pliability, and softness of the skin of the feet, so indispensable to health and comfort, saying nothing of the cleanliness of the practice, and its tendency both to prevent and to cure corns. But after all washings of the feet, it is of the first importance, after wiping them well, to hold them to the fire, and rub them with the hands until perfectly dry and warm in every part.



LET parents who do not want their children to die of water on the brain, allow them to have the fullest amount of undisturbed sleep they possibly can take, especially while at school.

IN a hygienic point of view, the advantages of marrying a woman who is mature in body, in age, in mind, in judgment, in culture, cannot be easily computed. They are beyond measure. On the other hand, for a mere girl to become a mother, is to give up almost every chance of health, and peril life itself; is to throw away a decade of joyous youth, of delicious anticipations "long drawn out" in gladness, growing the sweeter in their expectancy, making of girlhood a lengthened Sabbath of sunshine, which, ending in a wise marriage, is looked back upon to the close of life with the most delightful associations, yet not regretfully, a deeper sweetness being in the present — all this is thrown remorselessly away by her who marries too early.

It is a bad plan to be always taking medicine: such persons are never well.

Go to the cold, rarefied mountain air to cure you of consumption, and not to the hot savannas of the south, where every breath you take is loaded with steaming moisture and disease, engendering miasm, oppressing the system, taking away the strength, and corrupting the blood at every inspiration.

LAUGHTER ennobles, for it speaks forgiveness. Music does the same, by the purifying influences which it exerts on the better feelings and sentiments of our being. Laughter banishes gloom; music, madness. It was the harp in the hands of the son of Jesse which exorcised the evil spirit from royalty; and the heart that can laugh outright does not harbor treasons, stratagems, and spoils.

So far from poverty and filth being elements of health and long life, they are the very reverse. They directly induce premature death as to grown-up persons, and sow the seeds of fatal diseases in innocent childhood.

It is utterly impossible to get well, or keep well, unless the feet are kept dry and warm all the time. If they are for the most part cold, there is cough, or sore throat, or hoarseness, or sick headache, or some other annoyance.

It is well known that youths from fifteen to twenty, and fools of all ages, are the smartest people in the world. They know everything. They never perform an act which is not perfectly just — in their own estimation; and no Nero is so impatient and so savagely severe in punishment if anything is done contrary to their views of what ought to be done.

A TEASPOONFUL of blood from the nose has prevented many a fatal attack of apoplexy ; hence a nose bleeding is sometimes the safety valve of life.

ALL forms of diarrhœa and dysentery, where there is great thirst, the gratification of which by drinking any liquid increases the malady, are promptly controlled, and in many cases perfectly cured, by simply swallowing as large lumps of ice as possible.

MULTITUDES bring on themselves the horrors of a life-long dyspepsia by drinking large quantities of cold water at their meals. *True*

LET every child, having any pretence to heart, or manliness, or piety, and who is so fortunate as to have a father or mother living, consider it a sacred duty to consult, at any reasonable personal sacrifice, the known wishes of such a parent, until that parent is no more ; and our word for it, the recollection of the same through the after pilgrimage of life will sweeten every sorrow, will brighten every gladness, will sparkle every tear-drop with a joy ineffable.

OPIUM does not cure anything. It never did. All that can be scientifically claimed for it is, that it gives time to nature or the physician. *True*

THERE is more need of ventilating a chamber in winter than in summer. *Why*

EXTRAVAGANCE, waste, and carelessness not only ruin those who practise them, but have a demoralizing effect on those who may be benefited thereby in a material point of view. Persons seldom thrive whose occupations or modes of obtaining a living depend on chance, — such as gamblers, stock-brokers, robbers, wreckers, hunters, miners, office-holders, and speculators in general. Hence those parents are wisest who bring up their children to the expectation of making a living, or of becoming rich by some one occupation, which brings with it gains which are moderate, uniform, and steady. As a general rule to young men, the first political or salaried office, the first bet won, the first successful speculation, is at the same time the first step towards material unthrift, towards moral degradation, and towards a premature grave.

LET every nurse endeavor to do better with each succeeding invalid. Let every physician endeavor to give more thought and attention to each new patient, and let us all, in all things, strive patiently, resolutely, persistently, to make each day "the best" of any that preceded it, and thus do more than could possibly be done in any other way to prevent our lives being a failure — a calamity than which no greater could befall any man.

WHAT A FOOL A MAN IS !

SOME people are as green as the grass they tread upon; or, to change the simile, their noggins are as soft as mush. It is a wonder they have sense enough to breathe.

INFANTS and animals never have dyspepsia if let alone, for Nature is the wise apportioner. Thus is it with sleep. Nature, herself sleepless, wakes us up the moment we have had enough, if we are not tampered with.

WE should guard against cherishing depressing feelings, and with as much care should habituate ourselves to self-control; to the habit of looking at everything of a stirring or harrowing character with a calm courage; we should strive at all times for that valuable characteristic, "presence of mind," under all circumstances, for we are every day in great need of it. It is, in many cases, a literal "life-preserver."

WHEN a man leaves home on business, it is always important that he should have his wits about him; that the mind should be fresh and vigorous, the spirit lively, buoyant, and cheerful.

WE earnestly advise all who think a great deal, who have infirm health, who are in trouble, or who have to work hard, to take all the sleep they can get, without medicinal means.

No person can sit still in a warm room in winter in a draught of air for five minutes without injury.

SWALLOWING ice freely in small lumps is the chief treatment in inflammation of the stomach.

THE constant application of ice, pounded fine, and enveloping the head with it by means of a cushion, or other contrivance, is the most reliable remedy for that dangerous malady, inflammation of the brain, which so often sends its victim to the grave in a few days, or that living death, the mad-house.

WE caution parents, particularly, not to allow their children to be waked up of mornings. Let Nature wake them up; she will not do it prematurely; but have a care that they go to bed at an early hour; let it be earlier and earlier, until it is found that they wake up of themselves in full time to dress for breakfast. Being waked up early, and allowed to engage in difficult or any studies late, and just before retiring, has given many a beautiful and promising child brain fever, or determined ordinary ailments to the production of water on the brain.

THERE is nothing like plain facts for illustration.

THERE are good schools here and there; but three out of four are the merest shams; perfect impositions. Too much is attempted, hence much is passed over, and there is thoroughness in nothing.

HALF of all who are born die under twenty years of age, while four fifths of all who reach that age, and die before another "score," owe their death to causes of disease which were originated in their "teens." On a careful inquiry, it will be ascertained that in nearly all cases the causes of moral and premature physical death are pretty much one and the same, and are laid between the ages of "eight and sixteen years." This is a fact of startling import to fathers and mothers, and shows a fearful responsibility.

THE best gymnasium is a wood-yard, a "clearing," or a cornfield.

IGNORANCE with health may be useful, may be happy; but a finished education with a fell disease eating out the life, can be neither, and must early go down to the grave a blighted bud, a priceless jewel shivered in the polishing. But health and high development never need be.

LET parents make every possible effort to have their children go to sleep in a pleasant humor. Never scold or give lectures, or in any way wound a child's feelings, as it goes to bed. Let all banish business and every worldly care at bedtime, and let sleep come to a mind at peace with God and all the world.

A MAN who is in health, is not morally entitled to anything which he does not earn.

THE undutiful step-mother has driven countless thousands from once happy and virtuous homes to crime and infamy. Harsh, unfeeling, inconsiderate teachers have many times driven the young to desperation or hopelessness.

WOMEN require less sleep than men; possibly because they are less in the open air, the soporific effects of which are seen in infants speedily going to sleep when taken out of doors.

MANY who are troubled with weak eyes, by avoiding the use of them in reading, sewing, and the like, until after breakfast, will be able to use them with greater comfort for the remainder of the day, the reason being, that in the digestion of the food the blood is called in from all parts of the system, to a certain extent, to aid the stomach in that important process; besides, the food eaten gives general strength, imparts a stimulus to the whole man, and the eyes partake of their share.

IN all inflammations, whether internal or external, ice diminishes rapidly the size of the blood-vessels, and thus relieves the pain they give when thus swollen by their pressing against the nerves which are always in the neighborhood of the arteries of the system.

AS a universal rule in health, and, with very rare exceptions, in disease, that is best to be eaten which the appetite craves or the taste relishes.



PERSONS rarely err in the quality of the food eaten; nature's instincts are the wise regulators in this respect.

THE great sources of mischief from eating are three: Quantity, Frequency, Rapidity; and from these come the horrible dyspepsias, which make of human life a burden, a torture, a living death.

WEALTH belongs to some men, just as intellect belongs to others. They would be rich anywhere, just as their envious neighbors would be poor anywhere.

It is an excellent plan to have two pairs of shoes, to be worn on alternate days, so as to have a perfectly dry pair to put on every morning, allowing the unworn ones to remain in a warm, dry place.

FIRST-RATE mechanics are always in demand, and seldom fail, not only to make money, but to save it; and with that to elevate themselves, their families, and their calling; but these are in such a minority, that the more numerous incompetent, and hence thriftless class, are the ones who give character to the name of mechanic, which is too often a low one; when, if every one was a master-workman, it would be but another name for industry, elevation, and thrift.

FILTH, disease, and moral death are associated together in all times and places.

IF the poor man thinks he works any harder than the rich man, he is much mistaken; if he thinks that the other enjoys more substantial comfort, he is equally in error.

IF it is true that the man who rears a son without having him taught the means of earning a living, rears that child to large chances for the penitentiary and the gallows, it is not the less true, and is becoming daily more so, that the daughter who is ushered into womanhood without the knowledge and ability to earn a dollar by honorable means, is raised to the chances of an early death, or degradations worse than death itself.

LET man never forget that his wife is his best friend, the most steadfast on earth, would do more for him in calamity, in misfortune, and sickness than any other human being; and that on this account, to say nothing of the marriage vow, made before high heaven and before men, he owes to the wife of his bosom a consideration, a tenderness, a support, and a sympathy, which should put out of sight every feeling of profit and loss the very instant they come in collision with his wife's welfare as to her body, her mind, and her affections. No man will ever lose, in the long run, by so doing; he will not lose in time, will not lose in a dying hour, nor in that great and mysterious future which lies before all.

THERE is a *delirium tremens* of over-eating as well as of over-drinking.

THE man dressed in spotless white will not fail to have his garments blackened if he mingles among a crowd of sweeps. There are clergymen who cannot feel authorized to occupy the pulpit of persons claiming to be clergymen too, for fear it should be construed to countenance the supposed errors of the latter. No man of position can allow himself to associate, without prejudice, with the profane, the Sabbath-breaker, the drunken, and the licentious, for he lowers himself, without elevating them. The sweep is not made the less black by rubbing against the well-dressed and the clean, while they are inevitably defiled.

VALUABLE lives are often thrown away, lost, through ignorance of some of the simplest truths in nature, or errors of judgment in matters where error becomes a crime. Some of the best, and wisest, and greatest men of our race have perished from the world, in consequence of what might be considered a carelessness, a recklessness, or an ignorance, which is amazing, as found in minds like theirs.

TO persons whose lungs are impaired, or whose throats are in a diseased condition, the air of the sea-shore is almost always poisonous, sometimes deadly.

THE poor are prone to think that in riches there is happiness. The rich know that riches do not secure happiness, and hence look to religion as the only source left for enduring pleasures, and the hopes of heaven. Hence most of the greatest of earth's rulers this day recognize the claims of Christianity as they understand it, and more or less square their lives by its precepts.

As this country grows older, the necessity increases of each individual being able to earn a living.

If you are a human, and not a brute, never allow your child to go to bed with wounded or ruffled feelings from any angry words, or harsh or hasty conduct on your part. Always send them off to school in a happy and affectionate state of mind; and when they return, let them be invariably received with a kindly greeting, and a loving, thankful heart, that they are once more returned to you in health and safety. These things are the more necessary as their ambitions, their disappointments, their discouragements, and their troubles, in reference to their school and their lessons, are as important to them as yours to you in the mightier matters of life; and if they find not a balm for all these in the affection, and smiles, and sympathy, of their mothers especially, it is to them a misfortune, and to such mothers a disgrace.

EXERCISE improves the health, because every step a man takes tends to impart motion to the bowels; a proper amount of exercise keeps them acting once in every twenty-four hours. If they have not motion enough, there is constipation, which brings on very many fatal diseases; hence exercise, especially that of walking, wards off innumerable diseases, when it is kept up to an extent equal to inducing one action of the bowels daily.

THE body is refreshed by rest; the brain is renovated by sleep, by absolute repose. But both body and brain may be invigorated for a season by changing the direction of their respective activities, and also by working alternately. A man who has become tired of riding on horseback or in a carriage, rests himself, gets rid of his fatigue, by walking. The brain, which has become weary in thinking of one subject, is refreshed by taking up some other study. On the other hand, a man who feels tired all over by work, or a long walk, will "get rested" sooner by sitting down to read, than if he did nothing.

To happify mankind, the most efficient method, and the shortest in the long run, is to begin with our children while they are yet infants, and patiently, sedulously, and prayerfully inculcate the sentiment that the Bible is the only safe rule of faith and practice, the sure, and only sure guide to a blessed immortality.

BEGIN early to live under the benign influences of the Christian religion, for it "has the promise of the life that now is, and of that which is to come."

FURNACES should not be removed, nor fireplaces and grates cleaned for the summer, until the first of June, for a brisk fire in the grate is sometimes very comfortable in the last week in May: that may be a rare occurrence, but as it does sometimes take place, it is better to be prepared for it, than to sit shivering for half a day, with the risk to ourselves and children, of some violent attack of spring disease.

WE are all familiar with the prevalence of bowel complaints, of all kinds, in the spring of the year, and of their fatal nature, sometimes spreading from house to house, from family to family, from neighborhood to neighborhood, like some infectious or contagious disease, and often, but most erroneously, attributed to the use of fruits, berries, and the like. The cause is one and universal: it is over-eating, with its legitimate results — sour stomach, wind, loose bowels, debility, diarrhœa, dysentery, and death. Thus it is, that the more sudden the coming on of spring weather, and the hotter it is, the more sickness there will be, while in the fall of the year, as the weather gets colder, and however suddenly, we begin at once to gain in appetite, in vigor, in flesh and health.

EXERCISE is healthful, because the more we exercise the faster we breathe. If we breathe faster, we take that much more air into the lungs; but it is the air we breathe which purifies the blood, and the more air we take in, the more perfectly is that process performed; the purer the blood is, as everybody knows, the better the health must be. Hence, when a person's lungs are impaired, he does not take in enough air for the wants of the system; that being the case, the air he does breathe should be the purest possible, which is out-door air. Hence, the more a consumptive stays in the house, the more certain and more speedy is his death.

KEEP your children at home as much, and together, as long as it is possible for you to do it. No better plan can be devised for enabling a household to grow up loving and being loved in all its members.

To merchants, clerks, lawyers, to all who follow sedentary occupations, who are kept within four walls for a large portion of every twenty-four hours, no better advice can be given than to go off among the mountains; climb to their tops; descend into their valleys; penetrate their recesses, on foot, on horse, in every conceivable mode of locomotion; and they should consider every hour of daylight lost which does not find them in interested motion in the open air.

FARMING, or any other active out-door life, tends to perfect digestion.

UPPER rooms may be safely aired during any portion of the twenty-four hours, and should be aired from without. Lower rooms should be aired in the heat of the day, and closed while slept in at night, only opening the inner doors.

LET us, as a means of health, feed more on the beneficences of our Creator: it is a food which strengthens the mind, elevates the soul, enlarges the heart, and leads the whole man upward and onward by a pathway full of light, and flowers, and sunshine, a pathway smooth, and safe, and sure, where no snare is ever set, where lurking dangers never come, whose beginning is in a world of trial, whose ending is in the bosom of God!

THE use of oils, or pomatums, or grease of bears, pigs, geese, or anything else, is ruinous to the hair of man or woman. We consider it a filthy practice, almost universal though it be, for it gathers dust and dirt, and soils whatever it touches. Nothing but pure soft water should ever be allowed on the heads of our children. It is a different practice that robs our women of their most beautiful ornament long before their prime.

IF you would certainly avoid the terrible fate of a suicide, live a life of temperate eating, and of moderate bodily activities.



VINEGAR, in its action on food, is more nearly like the gastric juice than any other fluid known; thus it is that a pickle, or a little vinegar, will "settle the stomach," when some discomfort is experienced after eating.

LET it be kept in remembrance that every mouthful of food, even of the mildest, a man swallows from the instant a cold has been taken, only makes a proportional amount of phlegm to be coughed up. "Feed a cold and starve a fever," is a tremendous lie. Starve them to death, as we would a garrison, by cutting off supplies, and the fortress will be yielded within thirty-six hours, if the process be begun within twelve hours after the cold has been taken.

It was both a wise and beneficent dispensation, that man should have been made capable of eating anything, and of living anywhere, and living, too, in comparative enjoyment. Livingston, the benefactor of commerce, and Howard, the benefactor of man, have shown by their lives that health may be maintained in any country by those who were not born to the soil, at the expense only of rational care.

NINE out of ten of all the complaints against the Post Office Department arise from the stupidity or carelessness of the persons who write, or are to receive the letters.

IF cold drinks are injurious at meals, cold food is for the same reason also injurious; thus it is, that some of the most terrible forms of disease are brought on by persistence in eating cold food exclusively, especially in winter time.

HAPPIER far than any king is the humblest mechanic, "whose mind is stayed, whose heart is fixed, trusting in" the Maker of us all; who, through darkness and storm, in sickness and in bereavement, in pain of body and mental grief, can lovingly look upward, and say, "Though He slay me, yet will I trust in Him." Such a man never commits suicide, never becomes a lunatic, never fills a drunkard's grave.

LET parents tremble in view of the responsibility which rests upon them, not only in preventing their children from improper reading, but also in providing them with what will attract by its beauty, instruct by its truth, and compel conviction by its point and power; or which, by its admirable simplicity, and the sweetness of its sentiments, shall mould the character for high usefulness in life, and the society of the blessed beyond the grave.

For the hour preceding bedtime, dismiss every engrossing subject from the mind, and let it be employed about something soothing and enlivening in cheerful thankfulness.

THE want of employment is at the foundation of the ill health of multitudes of women and youth in large cities. We have frequent occasion to feel in reference to women who apply to us for medical advice, "The best medicine for you is the wash-tub."

YOUNG men see that a wedding involves a maelstrom of expense, and the extravagance of hotel or boarding-house life; or of a cook, and housemaid, and sempstress to begin with; then come belongings to match. To meet these calls on his purse, which is only to be replenished by his personal efforts, is only to be done by the ceaseless slavery of work. He "calculates," and declines the undertaking until he can lay up something to begin with. This event, in some instances, is indefinitely postponed; by the time it occurs in others, "mistakes" • have been committed, or entangling alliances have diminished the respect for women, and less enduring than hymeneal knots are fabricated, and more easily untied. Let young mothers begin this day to take a wiser lesson; and as they value the social position and future happiness of their daughters, as they would deprecate from them a life of loneliness, an age of neglect, and a tearless burial, let them remember that the education which most befits the sex, is that which prepares her to fill with ability, love, and dignity the offices of wife, mother, and matron.

A MAN of ordinary size renders a hog'shead of air unfit for breathing, consumes its blood-purifying quality every hour, so perfectly, that if a man could re-breathe a full breath of his own the next instant after its expiration, without any intermixture with the outer air, he would be instantly suffocated.

No man of any prudence or common sense ought to administer chloroform, except in the presence of a third person, of intelligence and maturity. For ourselves, we prefer to encounter danger with our eyes open.

MAKE your calculations to be busy until you die, in doing something useful to yourselves or others; arrange it so that death shall find you with your harness on, manfully battling for humanity and the right.

THREE cases out of every four coming to me for throat ail, have it as the result of improper eating and drinking

If you want to travel through the world in a quiet, contented way, don't get careless in any respect. Man, in every phase of life, is particularly given to carelessness. If he is on the high road to wealth and station, he becomes careless of those who, perhaps, were the very means of his good fortune. On the other hand, if he is unfortunate in business, he loses his self-respect, and rushes to the dram-shop or gaming-table.

HAIR, or even straw mattresses, are more healthy to sleep on than feather beds. Never put children on these heating beds. Keep their sleeping rooms very clean and well-aired, and do not cumber them with unnecessary furniture.

PAIN is the sleepless sentinel, always at the outposts, announcing on the instant the first approach in the distance of the great enemy, disease; and that half humanity dies scores of years "before the time," is because the faithful warning goes all unheeded.

It is the regular and temperate who live long. It is the very old who die without sickness or pain — whose lamp of life goes out as gently as the last flicker of an expiring candle.

THE child who privately does a thing for one parent, known to be contrary to the wishes of the other, and the parent who can counsel it, are equally guilty of a violence against domestic rule, which will not cease to bear the pernicious fruits of deception and discord to the latest hour of their lives.

THE appetite, the hunger, is excited by the presence of the gastric juice about the stomach; but if there is no gastric juice there can be no hunger, no appetite, and to compel a child to swallow food into the stomach when there is no gastric juice there to receive it, is an absurdity and a cruelty.

WE regard public examinations and school exhibitions a *cheat* and a *sham*, in three cases out of four. It is done for the benefit and behoof of the teacher, and to the irreparable injury of the scholar, while the poor dolt of a parent has not sense enough to see through it. We hope *never* to see a child of ours competitor for any prize or station at school.

THAT the color of the eyes should affect their strength may seem strange; yet that such is the case need not at this time of day to be proved; and those whose eyes are brown or dark colored should be informed that they are weaker and more susceptible of injury, from various causes, than gray or blue eyes. Light blue eyes are generally the most powerful, and next to those are gray. The lighter the pupil, the greater and longer-continued is the degree of tension the eye can sustain.

REST is an invariable law of animal life. The busy heart beats, beats ever, from infancy to age, and yet for a large part of the time it is in a state of repose.

IMPLANT into the very nature of your children, from earliest infancy, an affectionate and implicit belief in *all* Bible teachings.

No school is entitled to the name of "respectable and thorough," where the pupils have not regular and stated teachings about health.

It is unwise to hope for domestic happiness in the possession of a single favorable trait of character; it is better to look for a combination, and they are to be most congratulated who can discern, and woo and win the possessor of the largest number of good points. First of all, the man whom you love, the woman whom you adore, should possess a high sense of right and wrong; next, bodily health; and, thirdly, moral bravery, a courage to be industrious, economical, and self-denying. With these three traits, principle, health, and a soul that can do and dare all that one ought to, domestic felicity will abide.

ALCOHOL warms, and warms only, and man cannot live on warmth alone; while beefsteak both warms and nourishes, as does all food; and what does not do both cannot sustain life, and cannot be properly denominated food.

THE hermit is but half a saint; as he who avoids the battle-field is but half a soldier. To shun temptation, is well; but to live in the midst of it, and never yield to it, from stern principle — that is true nobility of soul.

THE brute creation, obeying their instinct, are not troubled with summer complaints, and the thousand ills which affect and destroy men. But we overpower our instincts, and making ourselves the slaves of appetite, contrary to reason, perish in multitudes.

THE practice of all honorable physicians, be it known, is, over the world, one and the same: the very moment they are satisfied of having discovered a new and valuable remedy, it is sent off to some respectable medical periodical, and within a year the remedy and its uses are in the possession of every educated physician in Christendom. It is considered a mutual duty, and he who fails of it is immediately placed beneath contempt.

ONE of the best exercises for women who are not very well, is a walk in the streets, or the fields, with a cheerful companion. To find an exercise suitable for women in-doors is very difficult: sewing is too confining, scrubbing the floor too violent; and under the great variety of circumstances under which women are placed in families, we can do nothing more than to lay down a principle, and let each one act in reference to it: That exercise is best which keeps the body in motion, and interests the mind pleasantly.

FROM an extended and varied observation of forty years, I have arrived at the stereotype advice to all who consult me as to my opinion of the value of the daily use of a small amount of pure wines, or cordials, or brandies, that, —

Any man who once drinks a drop of "liquor," may die in the gutter; he who tastes it never, never can.



WE do not believe that Providence has anything to do with the production of sickness or disease, beyond the institution of certain laws which he has made for the government of the world, any more than that he has an agency in the burning of our finger if we put it in the fire.

AN habitual novel reader is no more of the world about him than the habitual dram drinker: neither of them can see things around them as they are; both are living an artificial life, a life unreal, unsatisfactory, and profitless to themselves and to others.

A SINGLE word, uttered by a child to a parent, in a moment of excitement, of a parent to a child, of a husband to a wife, has many a time before now quenched every spark of human emotion and of human love, and a hate has sprung from the ashes as virulent as the deadly Upas, only to go out in the night of the grave. Human happiness, and life itself, then, often depends on a failure to control the mental emotion. An effort to practise such a control should be early made; the earlier the better.

THE Almighty rested one seventh of the time of creation, commanding man to observe an equal repose; and the neglect of this injunction will always, sooner or later, bring mental, moral, and physical death.

THE man who consumes more than he earns, is guilty of robbery. He who hangs a mere clog upon the social state, has no legitimate right to the food he swallows, or to the clothes he wears. Every dollar he spends is a fraud upon his toiling neighbor; and the sooner he vanishes from existence, and gives place to a man with work in him, the better will it be for the town, village, or hamlet which his good-for-nothing body encumbers. The idea that a portion of humanity is made of porcelain, and not of common clay, for ornament and not for use, may do for the creed of dandies, who saunter through life, basking in the social sunshine which they have never helped to create; but it must be scouted by all honest men who get their bread by the sweat of their brows, and by lives of honorable toil fulfil the fiat of their Creator.

THE effect of tea is to enliven; it produces a comfortable exhilaration of spirits, it wakens up, and increases the working capabilities of the brain, and brings out the kindlier feelings of our nature in moderation, having them always under our control.

THOSE who do not make good health a study and an aim, who do not practise daily the temperances and self-denials which seldom fail to secure this good health, are committing a crime against their unborn children, which they never can atone for.

THE love of life is a universal instinct; life is a duty, its peril or neglect a crime. We are placed on earth for a purpose; that purpose can be none other than to give us an opportunity of doing good to ourselves and to others; and to be anxious to be "*off duty*" sooner than God wills, is no indication of true piety. The good man has one ruling, ever-present desire, and that is to live as long on the earth as his Maker pleases, and while living, to do the utmost he can to benefit and bless mankind; and to accomplish a long, and active, and useful life, the study how to preserve and promote a high degree of bodily health is indispensable. And it seems to have been ordained by a Providence both kind and wise, as a reward of a temperate life, that such a life should be largely extended, and that its decline should be as calm as a summer's evening, as gentle as the babe sleeps itself away on its mother's bosom.

ONE of the glorious advantages of a large city is, people are obliged to mind their own business, and pretty diligently too, or they will soon go to the wall.

LET no one work in pain or weariness. When a man is tired, he ought to lie down until he is most fully rested, when, with renovated strength, the work will be better done, done the sooner, done with a self-sustaining alacrity.

OUR advice is, if anything is the matter with your teeth, go to a good dentist at once, and even if nothing is the matter, consult him twice a year, and compel each one of your children to do the same, from the age of five years up to the time of marriage, and these children will have reason to thank you for it to the close of life.

HORSEBACK exercise, to be highly beneficial, should be active; a "hand gallop," or a trot; and, if practicable, a different road should be travelled every day, so that the mind may be diverted by novelties, and thus compelled away from bodily ailments.

IN watching with sick people, eat a regular meal before you go into the room, and repeat at intervals of not over four hours; this keeps the stomach in a state of excitement, which repels infection.

Speak kindly, cheerfully, encouragingly to the sick.

In waiting upon them, study the happy mean in anticipating their wants, without being annoyingly officious.

Do not stare at a sick man, nor show a surprised countenance, and speak softly, with distinctness.

IN passing from a place of religious worship, do nothing, by word, or gesture, or action, incompatible with the solemnity of God's peculiar presence.

ALCOHOL, in any of its combinations, intoxicates, makes wild, places a man out of his own power; he gets beside himself; he can't control himself, nor can any one else control him, except by brute force. Upon some persons it has the effect of eliciting the darkest and deadliest passions of our nature.

COSTIVE bowels have an agreeable remedy in the free use of tomatoes at meals; their seeds acting in the way of the seeds of white mustard or figs, by stimulating the coats of the bowels over which they pass, in their whole state, to increased action.

MANY dentists inculcate two most mischievous errors. Threads should never be drawn between the teeth. A permanent tooth ought never to be extracted to make room for others. Nature knows what she is about. Every tooth is needed to develop the jaw, and that is of more importance than regularity. Soft brushes only should be used for the teeth.

IF a man fails in business, it is not, at any time of life, a true resignation to give up for the remainder of his days, and make no further effort to recover himself, any more than it is a true resignation for a man who gets sick, to cry out, "The will of the Lord be done!" as if it could be his will to see a child of his suffer.

THAT man commits a crime, and so does the woman, who will send a child to bed with a wounded spirit, or who shall allow any vindictiveness of feeling to exist in consequence of anything the child may have done. Sharp-pointed memories have often driven men mad. Multitudes are there who are more dead than alive from the ailings of the mind, which is wasting itself away in vain remorse for the irrevocable past. The fault of most parents is over-harsh reproofs of their children — reproofs that are hasty, unproportioned to the offence, and hence, as to one's own child, helpless and unresisting, are a cruelty, as well as an injustice. Thrice happy is that parent who has no child in the grave which can be wished back, if only for a brief space, so as to afford some opportunity for repairing some unmerited unkindness towards the dead darling.

It is more healthful to wear woollen next the skin in summer, because it absorbs the moisture of perspiration so rapidly as to keep the skin measurably dry all the time.

My own personal observation bears me out in the saying, that persons of moderate mental calibre, of medium capacities, are most likely to live long, live healthfully, live happily, and live successfully, whether as to making a comfortable living, or having a solid influence in society.

THE man who offers bad weather as an excuse for not going and paying a debt, will never succeed in business; nor will he get well who, for that reason, fails to take his daily exercise, when it is an indispensable means of cure.

It is a common belief that, as a man advances in the world, he is desirous of *cutting* those who do not gain so rapidly as himself. This is an error, no doubt, in many instances, and the remedy is one of the easiest things in the world. A little of the starch out of the one, and the slightest liberal feeling on the other, will be found to be a true panacea for nine tenths of the imaginary shys which lead to the entire separation of old friends, and even goes so far sometimes as to produce bad feelings among relatives.

INVALIDS should never take any cold drink at meals; and whether hot or cold, they are wise and safe who never allow themselves over a quarter of a pint of any liquid at a regular meal, or within an hour afterwards.

THE less a man drinks of anything in hot weather, the better; for the more we drink, the more we want to drink, until even ice water palls, and becomes of a metallic taste. Hence the longer you can put off drinking cold water on the morning of a hot day, the better will you feel at night.

NEXT to the clergy, the educated physician is the greatest benefactor and conservator of the race, performs more personal service without fee or reward, and at his own individual expense, than any other class in society. Very much that doctors do is not appreciated by the great public—is never dreamed of by the masses. The common feeling towards a medical man is, that he is expected to come to us when we send for him, to know what is the matter with us, what we need, and, after we get well, to send his bill, receive payment, and the whole is settled. But in all this, his solitudes, the balancing of his hopes and fears, the comparisons he has to make in his own mind, the judgments he has to form, and the responsibilities he has to assume, singly and alone, without counsel, without sympathy.—these are not taken into account. Money could not pay for them.

IF a natural amount of fresh blood is sent to the brain, it acts with its natural healthful vigor. If more than a natural amount of blood is sent there, the brighter and quicker are the thoughts.

Whatever “excites” the brain, causes an increased amount of blood to be supplied there.

SLEEPING-ROOMS should never be papered, and, most of all, with paper having any green color, whatever paper-makers may say to the contrary.



MOST men would hesitate to attempt the repair of a watch, or even an old shoe; and yet not a few are found to experiment in the repair of the most intricate, yet beautiful machinery of human life, without apparent fear of harm. Those who plead their own cases in court, and those who attempt to tinker up their own constitutions, are equally unwise.

HEALTH is promoted, happiness increased, and life prolonged by the large contemplation of the beautiful in nature, art, and revelation. Natural philosophers live longer than any other class of men; clergymen, than either of the other professions. The human mind everywhere takes in truth with pleasure; it feeds on what is new, and, if the new is beautiful and true, it is a feast of fat things, nourishing the immortal part, and giving life to the body itself.

FOR consumptives, Florida is too hot, and low, and damp — there is so little that is bracing in its atmosphere; and then its mosquitos, and alligators, and bullfrogs, its ticks, and its sand-flies, are enough to deter the stoutest heart.

THE only perfectly safe preserve jar is that which is made of glass. All others ought to be discarded. They are cheap, more easily and more perfectly cleaned, and, with reasonable care, will last a lifetime.

ALL inflammations, internal or external, are promptly subdued by the application of ice or ice-water, because it is converted into steam, and rapidly conveys away the extra heat, and also diminishes the quantity of blood in the vessels of the part.

A piece of ice laid on the wrist will often arrest violent bleeding of the nose.

BAKED potatoes are easily digested, requiring only two hours and a half, but one hour longer if boiled. If baked in the ashes, and eaten with butter and salt, they are sweeter and more healthful than by any other mode of preparation.

WE have no doubt that the world would be the better for it, if every newspaper in the land were to rigidly exclude from its columns everything which had a bearing on health, except such as referred to the daily habits of life, and even these to admit with caution, knowing, as we do, that many things which, at the first glance, appear rational and useful, will not bear the light of investigation.

WE advise that no person should go to work, or take exercise in the morning on an empty stomach; but if it is stimulated to action by a cup of coffee, or a crust of bread, or apple, or orange, exercise can be taken, not only with impunity, but to high advantage in all chill and fever localities.

It is beyond dispute that bad whiskey, that adulterated liquors, are exercising a most pernicious and destructive influence over the health, and morals, and minds of vast multitudes of the people of the United States.

NEVER eat by rule. Never eat at one meal as much as you did at the corresponding one the day before, simply because that was your usual quantity; but eat according to your appetite. If you have no appetite, eat nothing until you do. If you are in a hurry for that appetite, and time is valuable to you, do not attempt to whet it up by stimulating food, by exciting drinks, or forcing tonics, but bring it about in a natural way, by moderate and continuous exercise in the open air, in something that is interesting, exciting, and in itself useful.

IN spring, be a strict vegetarian, be a strict cold-water man, keep clean, keep cheerful, keep out of doors, and your spring-time will not be the sleepiness of the pig, but it will be as gleeful and as gladsome as that of the sweetest birds of May.

WHEN a man once steps aside from an honorable path, when he once violates his convictions of truth, when he once descends to trickery, no *optics sharp* can see where that man will go, no divining rod can measure the depth of degradation to which he may descend.

WHICH one of our readers can lay his hand on his heart, and say that he has not, many a time and oft, got mad at some unimportant thing, and talked, and blamed, and scolded for "ever so long," and, when the fume and froth of fury were all gone, felt as if it would have been the most delightful retreat in the world to have crept into an auger-hole; felt so particularly mean that he could not, by any possibility, have raised courage enough to look a man in the face?

The times are numberless at which we have seen travellers, at home and abroad, on land and sea, suffering the most pitiful mortification in consequence of some outburst of passion. Let the reader feel assured it pays well, under all great emotions, to say not a word. It saves conscience, saves dignity, saves self-respect.

OUR own country is the most picturesque and grand in the world; and that the summers of our youth, and men and women of leisure and means, and of our invalids, are spent in the enervating debaucheries of fashionable places of resort, instead of explorations, is discreditable to our intelligence as a people, and is a degradation to our morals and physical nature as individuals.

TRUE strength, real recuperation, comes from the digestion of nutritious food, and can come from no other source.

INSTEAD of determining what you would like your son to be, seek to ascertain what he is capable of being; what he is certainly competent for. In short, seek not for your child the post he can get, but the post he can fill; for it is better to be an honor to the hod than a disgrace to the crown—better be an accomplished mechanic than a contemptible king.

READER, remember that kind acts pay; the influence of each for good drifts over the sea of time, and will drift till time shall be no more. Go forthwith, then, “while the day lasts,” and perform as many as you can.

WHOSE children people our penitentiaries? They are those of parents who were too indulgent, or too proud, or too indifferent to bring up their children to some honest trade. Of the hundreds crushed and blasted creatures in the penitentiary, whose days are spent in bootless and ignominious toil, and whose narrow night-dungeon is the mute witness of demoniac defiance or unavailing remorse; of vain curses, fierce and deep; or of feeding on the fires of sharp-pointed memories, two thirds never knew a trade, five sixths are unable to read or write. How much of truth is there in Franklin's reputed saying, “He who fails to teach his child a trade, teaches him to become a scoundrel.”

THERE is a general saying, that cold water "rots the hair." The statement is of itself absurd. The hair is rotted by the filth which is allowed to cake upon the scalp by virtue of the grease, natural and artificial, gathering dust of every description, and making a composition, the very thought of which is nauseating.

Every mother who would pride herself in having her daughter possess a beautiful head of hair, luxurious, long, and silken at sweet nineteen, should forbid any application to the hair, except pure water as above, keeping it short, and allowing it to lie naturally on the forehead.

A HEARTY laugh is known, the world over, to be a health promoter; it elevates the spirits, enlivens the circulation, and is marvellously contagious in a good sense.

MEN who have half a dozen irons in the fire are not the ones to go crazy. It is the man of voluntary or compelled leisure who mopes, and pines, and thinks himself into the mad-house or the grave. Motion is all Nature's law. Action is man's salvation, physical and mental. And yet nine out of ten are wistfully looking forward to the coveted hour when they shall have leisure to do nothing, or something, only if they feel like it—the very siren that has lured to death many a "successful" man.

My experience is, throat ail is not to be radically and permanently cured in any case, except by rectifying first, and then building up the general health of the system, and that requires time, determination, and systematic habits of rational life.

A MAN had better lose a dinner, better sacrifice the earnings of a day, than repress the call of nature.

A GENTLEMAN of true benovolence has succeeded in accumulating a large fortune within a half-century's time, beginning at the bottom round of the ladder, by following two things: minding his own business, and doing good to others. How many there are who would do well to learn that trade! It is simple, useful, and ought not to be hard to learn.

HUMANITARIANS! you are on the wrong track with your soup-shops and your alms-houses. You pay a premium on loafing, and men soon get to like it; you buy away their self-respect, and the feeling of independence, which makes all the difference between a man and a human thing, and all the while taking the flattering unction to your souls you are doing God service. Help your fellow-mortal to help himself, and be a man, not a loafer, and angels will smile.

ONE bushrel of white beans will feed more laboring men than eight bushels of potatoes.

No man who values his own health and life, and those of his family, should pay attention to any newspaper recipe of a medicinal character. The door should be shut against all family newspapers which habitually insert such things, because mainly there are various medicines which do a striking good when taken once or twice, but which cause poisonous effects if taken four or five times or days in succession.

LET parents, who would avoid an old age of agony, in connection with harshness, injustice, and even cruelty to their children, remember never to punish or even threaten a child under the influence of a passionate state of the mind, because the morrow may bring death, and no compensation can be ever made.

MANY persons precipitate themselves into the grave by attempting to bravado an ailment; to be up and about in defiance of it. If anything at all is the matter with a man which is really disquieting, he should at least have as much sense as a pig, and go and lie down: pigs are not such fools as to move about in pain.

THE father moulds the head, the mother the heart; the father appeals to the understanding, the mother to the affections; the father prepares for time, the mother for eternity. Happy the children who heed the wise teachings of both.



HE only is truly wise who lays himself out to work till life's latest hour, and that is the man who will live the longest, and will live to most purpose.

IT is a very poor excuse for a man to say that he cannot pay a debt; the declaration becomes insulting to the creditor, when that inability is the result of improvidence, or actual extravagance.

LET the family table be always a meeting-place of pleasantness, affection, and peace, and for the exhibition of all the sweeter feelings of domestic life.

SHUT your mouth in going from a cold to a hot atmosphere, as well as the reverse; this simple operation brings the temperature of either a cold or hot air to the natural standard before it reaches the lungs, by making it take the circuit of the head; whereas, if the mouth is kept open, it dashes down upon the lungs like a shock. Whether asleep or awake, we should accustom ourselves to keep the mouth shut; the advantage in our sleeping hours is, that we do not snore, we don't have the nightmare; flies, bugs, and spiders don't crawl down the throat, and we don't tell tales in our dreams; the benefits in the daytime are, that it induces a more healthful, deep, full, and free action of the lungs, prevents innumerable chills and colds, and saves many a domestic sorrow.

YOUNG woman, if a rich young man asks you to marry him, and has no occupation, or trade, or calling by which he could make a living if he were thrown on his own resources, you may give him your respect, but "give him the mitten."

IF you are consumptive, and want to get well, go in for beef and out-door air, and do not be deluded into the grave by advertisements and unreliable certificates.

MANY persons bring on life-long dyspepsias by the mere habit of drinking several glasses of cold water at their meals; an equal amount of hot drink would be greatly more advantageous, but half a pint of any fluid at a single meal is abundant for all healthful purposes.

LET it be fully and plainly understood by all, that human health can never be maintained by the habitual internal use of anything else than plain, nourishing food, and such drinks as satisfy the thirst in a natural way. In other words, the habitual use of anything, water excepted, which does not contain wholesome nutriment, tends, in all cases and under all circumstances, to destroy both health and life.

WEALTHY parents, if you truly love your children, live in that style which you can enable each one of them to sustain.

LET all learn, what the commonest humanity dictates, to speak no word, write no line, do no deed which would wound the feelings of any human creature, unless under a sense of duty, and even then let it be wisely and long considered.

MAD dogs and turtles are not the only snapping animals in the world.

ANY great emotion of passion or pleasure, soon after eating, causes death ; hence, no highly exciting or momentous news should be communicated, even to the healthiest, let alone the sick and the feeble, immediately after a full repast.

A GOOD heart grows mellow as it approaches the grave. Old clergymen grow forbearing as they near heaven. We contend, if they could start with the largest share of this, many hearts would be won to religion that are never won at all. Harshness wrecks, and wins not the inquiring soul.

NEVER pinch off the leaves to hasten the ripening of the fruit. Nature has placed them there to facilitate that ripening in her own way.

To live in comfort and in abundance in our own homes should be the source of constant and heartfelt thanksgiving ; but to have the means and the heart to happify the less fortunate of our kind merits a higher and a purer gratitude.

IF you want a child to take an interest in a paper, let it be *his* paper, sent to his address. In a reasonable time he will get to look for its coming, and feel the want of it, if it does not arrive at the usual time. Soon it will be a kind of necessity, and rather than be without it he becomes willing to make sacrifices and self-denials for the sake of saving any stray dime or half dime which may happen to come into his possession.

AS men have lived in perfect health without alcohol, the use of alcohol cannot add to that health, because a man cannot be better than well.

OUR sons are taught how to make money, and our daughters how to attract attention; but little if anything is done towards imparting to them instruction which would enable them to preserve and maintain unexceptionable health, without which the admiration of courts is a bare endurance, and the glitter of costliest gems as valueless as the dust of the street.

THE ravage of war, as to human life, is exaggerated in almost all minds, and is never so great as it seems to be. Many of the soldiers who sicken and die in hospitals would have sickened and died at home; while the proportion of all who die from wounds is astonishingly small, and some of these would have perished by accident had they remained at home.

PARENTS, have a ceaseless eye to what your younger children read.

FARMERS' wives lose health and life every year in one of two ways: by busying themselves in a warm kitchen until weary, and then throwing themselves on a bed or sofa without covering, and perhaps in a room without fire, or by removing the outer clothing, and perhaps changing the dress for a more common one, as soon as they enter the house after walking or working. The rule should be invariable to go at once to a warm room, and keep on all the clothing, at least for five or ten minutes, until the forehead is perfectly dry. In all weathers, if you have to walk and ride on any occasion, do the riding first.

A MAN who is willing to be helped out of the mire, and then is unwilling to help others, is no man at all — he is a thing.

INCESSANT thinking on any one subject tends to craze the brain; and it does unhinge the intellect of multitudes, as witness the fate of men of "one idea;" of inventors, of inveterate students of prophecy, of those who abandon themselves to thinking of the loved and lost, of the victims of remorse or mortified pride, or of those who feed on sharp-pointed memories.

IF your pants need a patch, send for a tailor; if your body is out of order, consult a physician.

LET every man be diligent, and abide his time in patience, remembering that the race is not commonly, in practical life, to the swift, nor the battle to the strong, and that ultimate and permanent success is the pretty sure reward of him who has patience, diligence, and a great heart.

IT is worth the effort of a lifetime to be able to die well, to die at a good old age, in peace with all mankind, and in a well-grounded faith of an immortal life beyond.

STEADY force of character, with determination, are of more value towards insuring longevity than a good constitution. Men of "purpose" can live down disease, can live above it, as did the hero of Macaulay's History of England, William the Conqueror, who was a wheezing asthmatic all his life, and he died at last by being thrown from his horse.

THE first and immediate aim of the good and great physician, is to restore his patient to health in the shortest time, with the smallest amount of medicine, and with the least discomfort practicable; when this is accomplished, he has a more elevated ambition; an object nobler and still more humane presses upon his attention — *the prevention of all disease.*

KEEPING meats until they are about "to turn" makes them tender to eat, but they are harder to digest than fresh meat.

IF a child wakes up in the morning, and calls for a drink of water the first thing, such child is perfectly certain to be sick before noon. The course to be pursued is, to keep him in bed, and by warm drinks promote perspiration, eating nothing whatever until the afternoon, when he may amuse himself by nibbling at some cold, dry bread, and the next day he will be about again. Otherwise, a breakfast will be eaten, fever comes on, vomiting, and several days' illness.

THE best and safest tooth wash in the world is tepid water. There is not a tooth powder in existence, nor a tooth wash, that does not inflict a physical injury to the teeth, and promote their decay. Each dentist has a powder of his own, which he sells at a thousand per cent. profit, which he may honestly imagine will do a positive good, without any injury whatever. But he is mistaken. The teeth were never intended to be pearly white. Every intelligent dentist knows that the whiter the teeth are, the sooner and the more certainly they will decay. He also knows that those teeth are the soundest, last the longest, and are the most useful, which have a yellowish tint. Then why provide powders to take off this yellowish surface?

WHISKEY cures a great many ailments, infallibly, by killing the patient.

A TRUE soldier is considered one of the highest types of a man. But that officer merits not the name, or the title he bears, who does not make the comfort and health of his men a subject of unceasing thought, and of the most indefatigable effort.

THE motto of most all the quacks of the present day, for the cure of all diseases, is, *Physic!* *Physic!* Purgative medicines are good in their proper place; but to purge for everything, is absolutely absurd. Therefore all such purgative nostrums, in the form either of pills, bitters, mineral waters, or anything else, should be eschewed as the cholera.

As we grow older, let us practise benevolence more, cultivate geniality, social intercourse, and a generous reciprocity of all the sweet courtesies of social and domestic life, and then tears and flowers will be mingled at our grave, and the memory of us will be blessed.

IN every hundred bushels of wheat, more than a thousand pounds of valuable nutriment is lost to human use, by the present method of grinding wheat into flour, and preparing it for the table.

FOOLS, lunarians, the weak-minded, and the ignorant are irascible, impatient, and of ungovernable temper. Great hearts and wise are calm, forgiving, and serene.



To go to Minnesota after the first of November, to remain until spring, as a means of benefiting a person who is really in consumption, is idiotic.

READER, let your piety be prompted by the habitual contemplation of the goodness of God, in the sunshine of health and prosperity, and a calm life; then, should storms threaten, and adversity come, and sickness waste the health away, you can look it all in the face fearlessly, and feel, as the last lifestrings are breaking, "I know that my Redeemer liveth;" and at the first blast of the trumpet which wakes the world to judgment, you will find yourself robed in spotless purity, among the shining ones.

NOT a day passes in which a suicide may not be directly traced to want of success in life; to the false moralities inculcated by wicked or ignorant writers; to the failure of parents in obtaining a proper influence over their children; to unrestrained appetites and passions; and to the inability of multitudes "to get along in the world" prosperously, for want of thoroughness of preparation for their calling or station in life.

WHY are not the Arabs, and the Indians, and the dwellers in tents, the victims of paralysis, gout, rheumatism, dyspepsia, and consumption? The main reason is, they live in the open air, and their limbs are strengthened by exercise.

FAMILIES should everywhere be on their guard against galvanized zinc iron water pipes, for drinking or cooking purposes.

THE best specific for a horse thief is a hempen halter. Never, since the world began, has it ever been found necessary to repeat the dose.

LET him who stammers, stamp his foot on the ground at the same time that he utters each syllable, and stammering is impossible.

THIS one idea, of keeping the pores of the skin steadily open, by means of habitual moderate exercise and strict personal cleanliness, would, if generally practised, contribute more to human happiness than tons of physic or millions of money.

IT is a broad truth among men, that a gentleman, among gentlemen, is the last one to imagine a dishonorable act on the part of his compeers; but even if imagined, he would sooner make the largest sacrifices than frame his suspicions into words.

No man of reflection can help respecting the industrious mechanic, any more than he can help looking with contemptuousness on the well-dressed loafer, or the aristocratic spendthrift, who would not care to be seen talking to the toil-worn workman.

MAN is styled an omnivorous animal — an animal eating everything. No created animal can eat and drink, without discomfort, half the articles consumed by man. I know very well that men die before their days are half numbered, in consequence of errors in eating and drinking; but these disastrous results do not arise from the quality of man's aliment, but from its quantity. It is the quantity which prematurely kills millions. A sensible man may eat almost any thing with impunity; a simpleton, nothing. The former eats like a philosopher, the latter like a pig; the former eats as much as he wants, the latter eats more than he wants.

IN several instances persons have applied to me who had been advised to take brandy freely for a throat affection. None but an ignorant man or a drunkard would give such advice. It is warranted by no one principle in medicine, reason, or common sense.

THE safest place on a rail-car is the inside, about the centre of the car, if there be no stove there, and on the end of the seat next to the aisle.

PERSONS often make the inquiry, when in a decline, "Will it hurt me to go out of doors?" Our almost universal reply is, "No! it will do you good. Go out, rain or shine; if it is raining, have an umbrella, and let it rain on."

WHEN the scalp is in any part bare of hair, and shiny, or glistening, that is organic baldness, and there is no remedy. If there is not that shining, glistening appearance, but a multitude of very small hairs, causing a "furziness" over the scalp, that is "functional" baldness; and two things are to be done. Keep the scalp clean with soap-suds — that is a "balm of a thousand flowers," flavored; and more specially, and principally, seek to improve your general health, by eating plain, substantial food, at three regular times a day, and by spending three or four hours, between meals, in moderate exercise in the open air, in some engrossing employment.

USE fruits that are ripe, fresh, perfect, raw. They should be used in their natural state, without sugar, cream, milk, or any other item of food or drink.

OUR legitimate scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes health; and whatever induces disagreeable sensations, engenders disease.

I TRUST no reader will attempt to live on common allowance, on his own responsibility; he should consult with his family physician, for age, sex, condition in life, occupation, materially modify the amount of food requisite for the wants of the system.

WE consider it a radical defect in our schools, that children are made to study branches which are above their comprehension, allied to an error, not less mischievous, of being sent to school too early.

IT is not true that sugar and candies are of themselves injurious to the teeth or the health of those who use them; so far from it, they are less injurious than any of the ordinary forms of food when employed in moderation.

GETTING out of a warm bed and going to an open door or window, has been the death of multitudes.

LET families look well into the quality of the milk which is supplied to them. The brightest and most tidy-looking milk carts are often as suggestive as the "whitened sepulchres" of Scripture story.

AN observer of mice in his youth, may become an observer of men in maturity. The observation of little things makes the great man.

BED-CURTAINS are unhealthy, because they confine the air around us while we sleep; a canary bird will die in a night suspended in that situation.

PAINS about the lungs and heart, off and on, for weeks and months, generally indicate the absence of seriously critical diseases.

STRIVE, with all the energy God hath given you, to be *healthy*, to be *religious*, to be *rich*. The more healthy you are, the more truly and highly religious you can be; and the richer you are, the more can you do towards placing the same glorious religion within reach, at least, of the perishing myriads of earth's poor.

MEMORY, like every other faculty, is cultivatable. It is improved by exercise, and, like 'a good friend, the more we trust it, the better will it serve us.

No medicine or drug, or anything to be swallowed or inhaled, has ever yet been found which can possibly have any direct, radical, efficient agency in permanently arresting even the progress of Consumption. Many such have been proposed with great confidence, while all have, one by one, gone out of notice, which could not have been the case had they been efficient. The only means are to secure a vigorous digestion, and to bring back the full breathing of the lungs; both of which are possible.

ANXIETY, and privation, and want hurry multitudes of poor every year to a premature grave; but thrift and Bible religion go together the world over; and its principles, pure and unadulterated by human traditions, and human expositions, and commentaries, are the only panacea for the cure of disease, and want, and crime.

It is very unsafe to lessen the amount of clothing sooner than the first of May, and then not in quality, but in less thickness of the same material; from yarn socks to worsted; from a thick, knitted flannel shirt to one of common woollen flannel; then, about the first of June, to a gauze flannel; if this is oppressive to some, then employ cotton flannel. But it is certainly a great mistake for anybody to wear anything else next the skin, even in the hottest summer weather, than woollen flannel.

HABITS of regularity, temperance, cleanliness, and exercise become a second nature in the course of years; their performance a pleasure, their infraction a discomfort; while the use of beverages of ale, beer, cordials, cider, and other drinks containing alcohol, or the employment of tobacco in chewing, smoking, or snuffing, and the over-indulgence of the propensities, becomes a slavery, an iron despotism, which in the end debases the heart, undermines the health, and destroys life, making a miserable wreck of soul, body, and estate together.

IF a man is not consumptive, and is plainly told so, such a burden is sometimes taken from his mind that a new life is infused into him; he rises above the depressions which were crushing him into the grave, throws off disease, and goes forth in a few days a new being and a well man.

HOWEVER healthy a man may be, anxiety for to-morrow's bread will soon undermine the strongest constitution; hence the French returns officially announce that the well-to-do average eleven years longer life than those who live by their daily labor. If a man is healthy and well-to-do, and is not busy in his calling, he will seldom fail to become dyspeptic, intemperate, or restless, and die prematurely. Hence, to have a life of sunshine, a man must live healthfully, must have a reasonably profitable calling, and must be busy and buoyant in the prosecution of it.

READER, you will be sick one day; it may be a long sickness; you may be far from home, far from friends, far from medical aid. Let me tell you there is a "balm" in the Bible; a medicament, a cordial, of a nature so searching, of a power so all-pervading, that there is "no sorrow which it cannot heal," no suffering which it cannot soothe, no pain which it cannot mitigate.

CONTINUED excitement is disease.

BEARING about in one's heart the sweet memories of a mother's care, and affection, and fidelity, often has a resistless power, for many a year after that dear mother has found her resting-place in heaven, to restrain the wayward and the unsettled from rushing into the ways of wicked and abandoned men.



HEAT rarefies all noxious gases and odors, and sends them to the clouds; these are most pernicious at sunrise and sunset; hence building fires in the family sitting-room at those hours, will, other things being equal, exempt families from epidemics, chills, and fevers, and perhaps even cholera itself.

SICKNESS is sometimes imaginary, but in such cases it does no good to deride or to scold; so it is sometimes with what is called nervousness,—it is useless to make light of it; the feeling of suffering is the same as if it were real. In such cases sympathy is oftentimes a more efficient remedy than derision or impatient epithet. “Bear ye one another’s burdens,” is a moral medicamentum of great efficacy.

No sickly person can honorably marry another in good health, without previously making a fair statement of the case. And even then, if a marriage takes place, a crime has been committed against the community and against unborn innocents. But when both the parties are sickly it is wholly inexcusable, and ought to be frowned upon by every intelligent community, however satisfactory the pecuniary condition of the parties. They may be able to support themselves, but they can give no guarantee that their children, diseased in body and feeble in mind, shall not be a public charge at the hospital, the poorhouse, or an insane asylum.

WE believe in fun more than physic, hence we "still live," and lively as a cricket, too!

MANY a mother feels fretted, jaded, and worn out with the cares of housekeeping, and is almost sick. But at the moment a welcome visitor comes in, full of life, cordiality, and cheeriness, in less than five minutes that mother is a different woman; the sky has cleared; the face is lighted up with smiles; and she feels as well as she ever did in her life. Her discouragement, her almost sickness, was not "in the mind," it was a reality, but the excitement of conversation drove out the wearying blood, which was oppressing the heart, and made it fairly tingle to the finger-points. Ladies, when you go a visiting, carry smiles and gladness, and a joyous nature and a kind heart with you, and you will do more good than a dozen doctors.

SOME persons attempt to "harden their constitutions" by exposing themselves to the causes which induced their sufferings; as if they could, by so doing, get accustomed to the exposure, and ever thereafter endure it with impunity. A good constitution, like a good garment, lasts the longer by its being taken care of.

EVERYBODY knows that to be cooped up in a hot room all winter, is enough to kill a well man, and certainly it cannot restore to health a man who is already half dead with consumption.

A CONSUMPTIVE man is one who has already lost the use of a part of his lungs—the more need, then, is there that the air which he does consume should be the purest possible.

MANY a cold, cough, and consumption are excited into action by pulling off the hat or overcoat as to men, and the bonnet and shawl as to women, immediately on entering the house in winter, after a walk. An interval of at least five or ten minutes should be allowed; for however warm or “close” the apartment may appear on first entering, it will seem much less so at the end of five minutes, if the outer garments remain as they were before entering. Any one who judiciously uses this observation, will find a multifold reward in the course of a lifetime.

RESTRAIN all base passions; keep all the appetites in rational control; harbor no malice; cherish no revenges; brood not over circumstances connected with wounded feelings: if wealth takes wings, go lovingly and trustingly to the great Father of all to “give us this day our daily bread;” and if fair-weather friends forsake, cling the more to Him who sticketh closer than a brother; looking hopefully at the same time, and laboring diligently in good-doing to others, for the reward which awaits the faithful beyond the gloom of the grave. So doing you will never bemoan a “Lost Mind!”

BOILS are the result of impure blood, made so by imperfect digestion; or an excess of bile, owing to a torpid liver or the want of sufficient out-of-door exercise. They are not a sign of health, but that nature is carrying on a healthful process.

THE longer an experienced physician lives, the more value he places on medicine as an agent for the removal of disease; at the same time the less and less is he inclined to give medicine except in urgent cases, preferring to let Nature put forth her energies to throw off the disease while he stands by and watches; and if she is about to fail, then he helps at the nick of time by the faithful drug, knowing that there are cases where neither nature nor medicine could cure separately, but when their united power at the critical juncture is all-efficient to save a loved one from a premature and unnecessary grave. Blessings be upon every experienced, observant, and faithful physician! for he deserves, everywhere, the confidence, the respect, and the warm attachment of every well-informed mind.

NINE tenths of human sorrows arise from having a will different from that of the Almighty.

CHILDREN will always be more tractable, and will be much more easily withdrawn from undesirable ways, if parents would only take the simple precaution of never speaking of the fault in the presence of a third person.

To prevent thin hair and premature baldness, first, keep a clean scalp; second, never wear the hair on a strain, or against the direction of its growth; third, never apply anything to it but soap-suds or pure water; fourth, wear loose-fitting, soft hats; fifth, let men and children always wear the hair very short, and both men and women should brush the hair a great deal, using only a coarse comb, which should touch the scalp only in the slightest manner possible.

EVERYBODY knows that cold water cannot wash the hands clean, and yet whole tomes are scribbled about the purifying effects of cold water. Cold water kills more than it cures. Hundreds of children are killed every year by fanatical mothers sousing them, head and ears, in cold water every day.

TRUE wisdom lies in the moderate use of all the good things of this life.

It ought to be known that reading by gas-light is very much more injurious to the eyes than candle-light, from the flicker caused by the unsteady jet of the gas from its fountain, and also from the particular tinge of gas-light. A candle flickers some, but this is remedied by having two candles burning at the same time; they should be rather behind the person; the eyes should never be allowed to face artificial light in reading.

LATE and hearty suppers destroy multitudes, either outright in a night, or in the insidious progress of months and years.

- For the fatuity of old age there is no cure, because the state of mind which induced it has worked organic changes in the brain; has, in a sense, changed the nature of its substance, as life-long scars are left as effects of wounds on the body.

By the extravagant use of tea, many persons pass their nights in restlessness and dreams, without being aware of the cause of it. We advise such to experiment on themselves, and omit the tea altogether at supper, for a few times, and notice the result. If you sleep better, it is clear that you have been using too much tea, in quantity or strength.

My idea of a true man is, one who is prompted to act right, when the moment for action arrives, purely because it is right, and he loves right acting.

THE best respirator in the world is, to shut your mouth and go ahead; the most efficient "shoulder brace," is to hold up your head and march on; while the most valuable general "supporter," and the only one needed in nine cases out of ten, is to make the patient go to work, and compel him to live on his daily earnings.

MEN and women, as "flat as a flounder," patronize abdominal supporters, when the great mischief is, they haven't anything to support.

THE effect of constipation is to thicken the blood, to make it more impure; hence more unfit for healthful purposes. The more impure the blood is, the thicker does it become, the slower is its progress, and if nothing is done to alter this state of things, stagnation and death take place.

OFTEN a child bears a striking resemblance to a grandparent, without a lineament of parental feature.

WHATEVER you do, get enough sleep; whatever you do, take enough rest to restore the used energies of each preceding twenty-four hours; if you do not, you may escape for a few months, and if possessing a good constitution, years may pass away before any decided ill result forces itself on your attention; but rest assured, the time will come, when the too often baffled system, like a baffled horse, will refuse to work; it will not take prompt and sound sleep; it will not be rested by repose, and that irritating wakefulness will come upon you, which philosophy cannot conquer, which medicine cannot cure, and wasting by slow degrees to skin and bone, rest is found only in the grave.

IN leaving church, shut your mouth and move on.

MULTITUDES adopt certain habits of life, on the ground that they are healthy, because others are healthy who have adopted them, not taking into account the difference of constitution, and least of all, the difference of habits of life.

It is an almost universal practice for persons who travel, especially when children are along, to take a variety of cakes and sweetmeats. We earnestly warn our readers against the practice—it is in every way pernicious. Sweetmeats tempt the appetite, induce thirst, which, when gratified, produces a sensation of fulness, and discomfort, and crossness. It takes away the appetite of grown persons, clogs the stomach, and deranges the whole system. There is nothing better for children and grown persons, than some crackers or cold bread, with some slices of ham. If really hungry, these will sustain nature, without being liable to the objections of sweetmeats. But for grown persons it is far best not to eat anything at all while travelling, except at regular meals. But if you are not sure of at least a full half hour, for actual sitting at the table, do not go to it. Take a sandwich, and travel on.

ALL children, under five years of age, will be made the better, healthier, happier, and more good-natured, by an undisturbed sleep of one or two hours in the forenoon.



TRUE progress now consists in unlearning much that is old, and in acquainting one's self with the new, in order to be able to determine its worth.

WHEN a man finds out that his constitution is a frail one, his wisest plan is to study its infirmities, to find out its weak points, and like a beleaguered general, the winner of a hundred victories, be always on his guard as to those weak points. An old hat is never made better by being banged about, while by care it may be made to look respectable for years longer. A worn-out horse obtains no re-invigoration by hard usage. A man's body, whether frail or strong, is made capable of greater endurance by being well watched over.

THE soldier who would as lief fight under one flag as another, is but a degree better than a traitor. The politician who considers one party as good as another, is but one remove from being a weight on either. A physician who believes there is good in all "pathies," and is ready to practise either, according to the wishes of his patient, might just as well close his office; while the religionist, who is so liberal in his opinions, that he considers any other Church as good as his own, is unworthy of the denomination which has the misfortune to claim him as a member. To be efficient anywhere, we must be decided in sentiment as well as in action.

THREE fourths of the lives lost on rail cars, in motion, are of passengers who were not in their proper positions—meaning thereby, that they should not only be in their seats, but keep their heads and limbs inside the cars.

THE collections under the ends of the nails should not be removed by anything harder than a brush or a soft piece of wood; nor should the nails be scraped with a penknife or other metallic substance, as it destroys the delicacy of their structure, and will at length give them an unnatural thickness. We are not favorably impressed as to the cleanliness of a person who keeps his nails trimmed to the quick, as it is often done to prevent dirt gathering there; whereas, if a margin were allowed, it would be an index to the cleanliness of the hands, from which the collections under the finger nails are made. Leave a margin, then, and the moment you observe that these collections need removal, you may know that the hands need washing, when they and the nails are both cleaned together.

EVERY grain of sand must be taken care of, or the universe would dash to atoms; and so with the little things of the body.

If people will guzzle such villanous stuff as castor oil and cod-liver oil, it may be well to know that condensed milk is a very agreeable vehicle, especially for children.

IF we drink any thing at meals, it should be first warmed.

ONLY nine persons out of a hundred are insane from hereditary causes.

BE assured, ye poverty-stricken, that the necessity of a vigilant activity is a happier inheritance than that of piles of glittering, heart-hardening gold.

TEMPERANCE, cleanliness, and industry! This is the hygiene of the Bible. A "pathy" as old as the race. A system of medication applicable to all climes and all constitutions; always safe, always efficient, and to which human sagacity, in the space of six thousand years, has not added one radically new idea.

THE safest plan is the best. This is as true in medicine as in any other department of human life. We had far rather allow a patient to die without medicine, than kill him by an inopportune dose.

IT is a cruelty to neglect the teeth of children.

NEVER send for any other than an educated physician, in any emergency, for with such only are you in safe and efficient hands; and if relief is possible, he can give it.

SEA voyages much oftener accelerate than retard the progress of consumption.

THE first step towards ridding a house of bugs, flies, rats, and reptiles is, to keep it scrupulously clean, from cellar to garret. But there are multitudes of housekeepers who are too lazy, ignorant, or thoughtless to adopt this method.

It is a great waste of lusciousness that fruits and berries, in their natural state, are not made the sole dessert at our meals, for three fourths of the year; human enjoyment and health, and even life, would be promoted by it.

LET everything about the sick be perfectly dry, and scrupulously clean, with an orderly arrangement of everything about the bed and room; be quiet in movement, cheerful in countenance, prompt in action, with a plenty of pure air steadily circulating. Have a large, high room, with windows facing the sun, for a greater part of the day; let the fireplace be always open; remove all bottles and other "signs" of physic; allow no standing liquids, not even pure water; and have no hanging garments about. As you love the invalid, attend to these things.

LET man imitate the brute creation, by eating only when he is hungry, and drinking only when he is dry.

MANY have retired on a fortune, and died from fear of coming to want, and from having nothing to do.

SOMETIMES the wisest of us will eat too much; for an occasional indiscretion of this kind, two or three teaspoonfuls of strong vinegar afford relief to some persons, but aggravate the evil in a few. The better plan is, to take a long, leisure walk in the open air, with a pleasant associate. Keep on walking until entire relief is experienced, and eat no more of anything until next morning, so as to allow the overtaxed stomach to recover its tone, vigor, and elasticity.

It is as true in medicine as it is in morals, the knavish and the ignorant become fanatical, and propagate their frenzies with an energy worthy of a better cause. They summon both the rostrum and the press to aid them in their purposes; and anon, volunteers but a single remove from them in intelligence crowd around, to repeat their errors, retail their poisons, or disseminate their insane productions.

IF grown persons will hold their nose and hold their breath, they may swallow almost any medicine without scarcely tasting it.

LET the house of God and his worship have no other associations in the minds of our children than those of serenity, of calm devotion, and of reverential awe.

BODILY activity and bodily health are inseparable.

IN the estimation of the wisest of men, the distance between a dinner of beefsteak and vegetables was almost immeasurable; but between vegetables, with lovingness, and a splendid repast, with a carping, grumbling nature, there could be no comparison, and he gladly chose the former. Let, then, the snarling curs, fortunately met with only here and there, make a note of this, if they can but know their picture; and remember, that to see no beauty in any flower, to feel no warmth in any sunshine, to draw no lovingness from any smile, is, of all temperaments, the most to be pitied, the worst to be feared.

To all we say, and to invalids and sedentary people especially, when not engaged in the actual and serious business of life, be out and about; sing, whistle, laugh, romp, run, jump, swim, row, ride, do anything, rather than sit still within any four walls, or lounge on a sofa, or doze in a chair, or sleep over a dull book. Moderate and continuous exercise in the open air is without a second, as a means of health, both to the well and to the sick.

ACTION is the universal law of animal life. There is not a living thing, whether insect, or bird, or beast, that will not pine and fall away, and perish, under bodily restraint. Man himself is no exception to the world-wide ordinance.

THE march of improvement has of late years manifested itself in almost every department of human life, but none has been made to the old-fashioned way of travel on horseback; for it is the most instructive, and the most healthful, as well as the most delightful of all.

CULTIVATE health and a good heart: for with these you may be "comfortable" without a farthing; without them, never!—although you may possess millions.

THE customs of a nation are the practical results of the combined observation of that nation in the course of generations, and, to a considerable extent, are founded on common-sense principles, and are the best under the circumstances. Hence every man, however intelligent, should oppose a custom of the country with great diffidence, and not without long and deep investigation.

It is so much easier to swallow drugs than to make careful observations and self-denials, that even intelligent people allow themselves to fall helplessly into the arms of any transparent ignoramus who can muster the courage to write or speak a deliberate and unblushing falsehood.

MULTITUDES there are, especially of young people, who squander their money, and their more precious time, in the purchase of trashy reading, and mere animal indulgences, to end in premature death.

NINE tenths of all newspaper receipts in reference to health and disease are either untrue, useless, or pernicious; hence, the whole of them, in order to be on the safe side, should be discarded, unless the name of a physician, or that of some respectable medical journal, is attached. Editors of newspapers, from their obliging disposition, are often imposed upon by some weak or half-observant correspondent or subscriber.

THE greatest humanity we can show to the sick is, to secure to them the most important remedies ever known, to wit, quietness, cleanliness, and pure air; these alone would cure three fourths of all our diseases, but we will not use them; yet they are everywhere attainable, and cost nothing but a little trouble.

A THOUSAND times better would it be for this whole land if not an atom of food was ever allowed to pass adult lips at a later hour than five o'clock in the afternoon. Such a practice, habitually and literally adhered to, would save more lives every year than are destroyed by steam, and sea, and all wars together.

Do not force your children to take one single mouthful of any food or drink which they do not like. In sickness or health consult the instincts of the appetite, and yield to them implicit and instant obedience.



THE frequent taking of any medicine to remove costiveness does, at the most, only protract the event—making it, however, the more certain.

As to men, we say, when the hair begins to fall out, the best plan is to have it cut short, give it a good brushing with a moderately stiff brush while the hair is dry, then wash it well with warm soap-suds, then rub into the scalp, about the roots of the hair, a little bay rum, or brandy, or camphor-water. Do these things twice a month, but the brushing of the scalp may be profitably done twice a week. Dampen the hair with water every time the toilet is made. Nothing ever made is better for the hair than pure soft water, if the scalp is kept clean in the way we have named.

MILTON'S blindness was the result of overwork and dyspepsia.

ANY practice that makes a man feel better soonest is caught up with avidity, and lauded to the skies, before time has been given to test the permanency of effect; so, by the time the falsehood is on its feet, and often before the ink is dry which recorded it, the victim is in the grave, and can never give the contradiction.

HE is the grandest man, who acts from principle alone. He is pitiful, who does right from compulsion.

BALDNESS is considered a great calamity by many. It is brought on in many cases by wearing the hat too constantly, or by any other means which keeps the head too warm. Another cause of baldness is, the filthy practice of keeping the hair soaked in various kinds of grease, or allowing the scalp to remain unwashed for weeks and months together.

To get well of any chronic disease, of a serious character, and to remain cured, a man must be led to see the nature of his own case, the needs and requirements of his own constitution, and must have that force of character which compels compliance with those requisitions. As long as the world stands, the ignoramus and the animal will die before his time. Intelligent self-denial is the price of health and long life the world over: it never will be otherwise.

PEOPLE do not get sick without a cause, except in rare cases; and that cause is, very generally, within themselves, resulting from inattention, ignorance, or recklessness, either on the part of parents, teachers, or themselves.

If any medicine is taken to regulate the digestion, that medicine soon becomes necessary to that regulation, and the man is doomed to make an apothecary's shop of himself for the remainder of his life.

A NAMED article may be given for a named disease or symptom, and that symptom may disappear after it; and yet the remedy may be of no more value than a thimbleful of dust—for the reason, that the symptom in question may have disappeared of itself, as millions of symptoms have done, without any means whatever.

RIPE fruits and berries, slightly acid, will remove the ordinary diarrhoeas of early summer.

COMMON rice, parched brown like coffee, and then boiled and eaten in the ordinary way, without any other food, is, with perfect quietude of body, one of the most effective remedies for troublesome looseness of bowels.

MULTITUDES think it a hard necessity to tug and toil for daily bread, or that it should require their undivided energies of body and mind in planning, contriving, and laboring to maintain their position. This is not a hard, but a happy necessity, as these very activities are not only the preservatives of body and mind, but are productive of those utilities which hasten human progress, develop our powers, elevate the people, and happify mankind.

WE need, ordinarily, seven hours of sleep in summer and eight in winter.

WE breathe in sleep about fifteen times every minute.

THOSE parents who make the greatest slaves of themselves for the benefit of their children, experience the least heart-comfort from those children in after life ; while sons and daughters who have been made to bear their full share of domestic cares, and burdens, and trials, and labors, will grow up with kind hearts and generous natures, making sympathizing husbands, considerate wives, and benevolent citizens.

EACH inhalation of pure air is returned loaded with poison ; a hundred and fifty grains of it is added to the atmosphere of a bedroom every hour, or twelve hundred grains during a night. Unless that poison-laden atmosphere is diluted or removed by a constant current of air passing through the room, the blood soon becomes impure, then circulates sluggishly, accumulating and pressing on the brain, giving rise to frightful dreams.

THE importance of wholesome water and good sewerage to every single dwelling cannot be over-estimated, and any city neglecting this vital matter must expect to suffer at all times, and particularly when an epidemic of any kind sweeps over the country.

NEVER swallow an atom of food while in a passion, or if under any great mental excitement, whether of a depressing or elevating character ; brutes won't do it.

THERE are not a few who estimate the measure of their own wit and wisdom by the number of objections they can raise against what is claimed to be new and useful. In their inordinate fear of being imposed upon, they run to the other extreme: forgetting that quite as great a wrong is done to themselves and to society in opposing what is really good, as in blindly advocating a mere pretence.

To be able to lie down at night and fall to sleep within ten minutes, and to know no dream or waking until the morning comes, and then to bound out of bed full of health, freshness, and good humor, is a blessing well worthy the warmest outgushings of a thankful heart towards Him who giveth us all things richly to enjoy.

Do not allow yourself to read a moment in any reclining position, whether in bed or on a sofa.

It is not wise to attribute the inestimable blessing of good health to any one particular observance or habit; nor on the other hand is it well to attribute ill health to any one cause, nor to consider a return to good health as the result of the last thing done. The tendency of a bad cold, if let alone and not renewed, is to cure itself at the end of two weeks, while the last of the dozen or two things taken, or the last doctor called in, gets all the credit, when it should have been given to Nature herself.

WHEN one man gets mad at the stupidity of another, he calls him a goat, a goose, or an ass; but these much abused animals are respectable as to their acquirements in the judicious treatment of themselves when ailing, in comparison with the masses of humanity.

THE Almighty governs the universe of mind like that of matter, by fixed laws, and through their legitimate operation does he intend to throw around this world a chain of love, and draw it up to heaven, to immortality, and eternal life; nor does he seemingly intend to do this himself; it appears to be his plan to make his church, his children, work their own passage across the sea of time, and to help one another to attain a beatific state beyond the boundaries of this present existence, for it is expressly commanded to "work while it is day;" yet, at the same time, we are to be regarded as, in a sense, "co-workers" with him in building up the heavenly kingdom.

IF an action of the bowels does not occur at the usual hour, eat not an atom until they do act, at least for thirty-six hours; meanwhile drink largely of cold water or hot teas, and exercise in the open air to the extent of a gentle perspiration, and keep this up until things are righted: this one suggestion, if practised, would save myriads of lives every year, both in city and country.

ALL infants and young children would die in a very few weeks, if not allowed to eat anything containing sugar, because they need the carbon of the sugar to keep them warm; their extravagant, their insatiable fondness for everything sweet, is a wise instinct of nature. If candies were used as desserts in winter, and fruits and berries, in their natural state, ripe, raw, and perfect in summer, to the exclusion of pies, tarts, pastries, and puddings, human life would be extended, and many dentists would have to seek other occupations.

If the bowels are loose, lie down in a warm bed, remain there, and eat nothing until you are well.

THE great regulator of sleep is exercise; it is the best anodyne in the universe, and is the only one that is always safe, always efficient, and always wholesome and natural. If you cannot take much exercise, take a little, and every second hour increase the distance, and soon you will be able to walk a mile more easily than you walked the first hundred yards.

To all young persons, to students, to the sedentary, and to invalids, the fullest sleep that the system will take, without artificial means, is the balm of life—without it there can be no restoration to health and activity again. Never wake up the sick or infirm, or young children of a morning—it is a barbarity; let them wake of themselves.

A SCROFULOUS person should eat fresh meats largely, and bread, and fruits, and berries of every description, using vegetables sparingly. In short, whatever promotes high bodily health, promotes the eradication of a scrofulous taint; hence, it is the greatest wisdom on the part of those who are scrofulous, to study how and what gives to them the greatest general good health, and to live accordingly.

THE three best medicines in the world are warmth, abstinence, and repose.

A GOOD dinner, with an entire "abandon" of thought, renovates and renews both mind and body. This is a clear proof that thought produces waste, as well as physical exertion; it also shows the fallacy, the mischievous fallacy, of a certain class of persons, who have forced themselves on the public as their teachers, that students do not require as substantial food as do common workmen. If great thinkers do not eat and digest substantial beef and bread, they will soon cease to shine as lights in the world of mind.

I LABOR for the good time coming, when sickness and disease, except congenital, or from accident, will be regarded as the result of ignorance or animalism, and will degrade the individual, in the estimation of the good, as much as drunkenness now does.



WHEN will intelligent men learn to think for themselves, and cease to place their own lives and health, and those of their families and friends, in the hands of the specious, reckless, and unprincipled charlatan?

It is the irrational dread of taking cold, by going out of doors, which kills nine consumptives out of ten, far sooner than the disease itself would have done. If any man, sick or well, wants an infallible receipt for getting into that unfortunate condition in which "the slightest thing in the world gives him a cold," let him hover around the fire all day, let him bundle up, head and ears, every time he puts his head out at a door or window, and, besides, keep his room regulated to a degree, for months at a time. Such a person never can get well of anything; such a person, with such habits persevered in, will die long before his time, it matters not what may be his ailment.

THE best servants are those who are sternly held up to the fullest performance of their duty. But, while we do this, we should be considerate in our requirements, courteous in our bearing towards them, and prompt in our payments.

EVERY man owes it to society to become rich, for the poor man's advice is never heeded, let it be ever so valuable.

THE prejudices against calomel have arisen from its indiscriminate and careless use. In precisely the same manner have prejudices quite as strong arisen against the use of tea and coffee, and roast beef and fruits.

THE accomplished geologist, while travelling over barren wastes and rocky hills to explore some distant golden district, can make every pebble and every lump of earth minister to his instruction and amusement, without its at all interfering with the main object of his journey; just so may a man's mind be so well stored with intelligent information on the subject of health, and the general laws of life, that observations may be made on these every hour of his waking existence almost, with pleasure and with profit, without at all interfering with the main business of life, and also without having any undesirable influence on mind or body; for he may do this without being forever engaged in looking out for symptoms, aggravating those present or imagining those which are not.

A GREAT many jokes are cracked at the expense of the doctors, and at the expense of the reputation for intellect of those who crack them; for a moment's consideration would teach any one, that it is to the doctor's interest to keep the patient alive as long as possible, for as long as the patient lives he pays.

PERSONS may outgrow disease, and become healthy, by proper attention to the laws of their physical constitutions. By moderate and daily exercise, men may become active and strong in limb and muscle.

A MAN who has so much of the milk of human kindness in him, as never to be able to refuse a friend a dollar or an indorsement, inevitably comes out at the little end of the horn; is beggared. The miser often clutches so closely, as to lose all.

IN small quantities, and occasionally, many things may be eaten with advantage, which, if eaten continuously for weeks and months, or in inordinate amounts, would occasion serious results.

NOT only the body, but the mind and the heart, become diseased by giving loose to the imagination; in this very way was it that men were once led into heathenism.

IT is said to have been satisfactorily demonstrated that every time a wife scolds her husband she adds a new wrinkle to her face. It is thought that the announcement of this fact will have a most salutary effect, especially as it is understood that every time a wife smiles on her husband it will remove one of the old wrinkles.

WHATEVER promotes a comfortable and harmless state of the mind, promotes health.

MEN consume too much food and too little pure air; they take too much medicine and too little exercise.

A DAILY action of the bowels is essential to good health under all circumstances; the want of it engenders the most painful and fatal diseases. Nature prompts this action with great regularity, most generally after breakfast.

I, AS a world's wanderer, found out a long time ago, that very often the best side of a bed was the outside.

No man knows that he is not a knave until he is "broke," until he has failed in business. It is comparatively easy to be honest when surrounded with abundance, when there are no real, strong temptations to be otherwise.

IF we would eat but half as much in early spring, the blood, which bracing winter bequeaths in perfect purity to spring, would remain pure; or if, in default of this precaution, when we find ourselves ill, we would diminish our food within proper bounds forthwith, and take large amounts of daily pleasurable exercise in the open air, not involving fatigue, the blood would purify itself in Nature's own safe, harmless, and beneficent way, just as certain as a clear running spring will purify itself after disturbance if it is only let alone.

SPEAKING of changing the clothing, we consider it hazardous to lessen its amount after dressing in the morning, unless active exercise is taken immediately. No under-garment should be changed for lighter ones during the day ordinarily. The best, safest, and most convenient time for lessening the clothing is in the morning, when we first dress for the day.

PATENT medicines are temporary in their effects; they alleviate or smother, instead of eradicating disease.

How illy Nature bears the sudden arrest of some of her operations, is strikingly exemplified in the fact, that if the blandest of all liquids, lukewarm milk, is injected into a blood-vessel against the current, instant death may result, but if introduced gently in the direction of the current, it is borne with impunity.

WARTS. — If a bit of soft wood is chewed a little at one end, so as to make it brushy, and is then dipped into aqua-fortis or nitric acid, and rubbed lightly on the wart, so as to rub it in, it will disappear in a few days; the same is efficacious if applied to the warts on horses; some advise that the wart be shaved first, but we instinctively shudder at the idea, because warts, like corns, have been sometimes made to bleed excessively, causing lock-jaw and death.

MORAL philosophers live longer than any other class of men, showing the influence which the prevailing state of the mind has on the human health.

VERY many diseases are laid at the door of "the weather." It is the want of weather which brings multitudes in our larger cities to an untimely grave.

THIS working for others, how it wakes up the pulses of the heart, how it imparts health to the body, and happiness to the mind! A long lease of life will be given as the earthly reward of such industries.

TAPE-WORMS come from eating measly meat. There are no worms in healthy beef. Persons who eat dried beef are liable to become wormy, unless it is thoroughly cooked. No American ever thinks of eating any form of hog flesh without its having been first well cooked; but many eat chipped beef, which often has the germ of the tape-worm: this chipped beef has never been cooked, but only salted, and then dried and placed on the table as a relish; this should never be done until it has been thoroughly cooked.

PADS and supporters are all pernicious, are worse than useless, because they teach the system to rely on them, and cannot support one part of the body without causing an unnatural strain on some other part, and, to that extent, tend to disease that part.

IF liquor fattens, why is it that we see so many spindle-shanked drunkards?

THERE is only one antidote to life's disappointments, and that is to accustom the mind to look forward to the end, to the great fact of one anticipation that can never fail of realization, and which is so stupendous in its nature, so resplendent, that all other desires and expectations pale away in utter insignificance; and that is a well-grounded hope that when the mortal body is laid in the grave, the immortal part, the man himself, shall pass into an immortal existence, to dwell forever in the bosom of the great Father of us all.

To be truly happy, a man must be healthy and good; a sick man may be happy in some transient moods of mind, but this is of short duration. To have a sustained happiness, to have in the main, from day to day, a life of sunshine, good health is indispensable. But if a man is sick in body, and unhappy in his mind, how then? Procure a constant occupation, in which you take a pleasurable interest, while you are reasonably sure that you are accomplishing your object. If this is an out-door occupation, success is the more speedy and certain. It ought always to be borne in mind, that whatever is done for the health, will be many fold more efficient if an object is kept in view, so absorbing, that the health part is kept completely out of sight.

ONE of the greatest physiological crimes of our country is, that its people do not get rest enough, do not sleep enough.

THE living great should always bear in mind that the truth of history demands a faithful portraiture after they have left the stage of life.

NIGHTMARE is caused by remaining so long in one position that the blood ceases to circulate.

IF "bitters" aid digestion, why is it that those who take them all the time are never well?

A HEALTHY fool is happier than a sick Solomon. If a person has thirty or forty years to live, it is surely better to eat regularly the best things, and pass those years in a happy exemption from sickness and suffering, than to eat anything and everything, at any time and every time that suits our convenience and our whims. The man who eats heartily three times a day without any unpleasant reminder afterwards, is amply repaid for the effort it may at times cost him to have regular meals, or the self-denial which he may practise in waiting for his regular dinner-time. The great general rule for all, especially for women and those who live indoors most of the time, is, eat nothing whatever between meals, have an interval of not less than five hours between each meal, and let the last meal of the day be about sundown, and let it consist of some cold bread and butter and a cup of hot tea.



ALL garments worn next the skin during the day should be removed at night, and spread out for thorough airing and drying

If a man is deprived of sunlight, he fades away like a flower without water, and always comes to an untimely grave.

It is nothing short of a cruelty and a murder to allow school children to sit up late at night, or to hurry them from their beds in the morning.

AN erect gait gives to a woman a queenly appearance, and to men an air of manliness, integrity, and fearlessness. To bend forward or downward while walking indicates debility, depression, or mental trouble, and always aggravates itself and promotes disease.

Food feeds the body, thought feeds the brain, and fertilizers feed the soil. The better the food, the better the thought; the better the fertilizers, the more vigorous does the body become, the greater the activity of the mind, and the higher productiveness is there in the soil. By the better living of the last half century, ten years have been added to the average of human existence in civilized lands.

HE, and he only, is safe from a drunkard's death, who never tastes a drop of anything that can intoxicate.

No one should write when very hungry, or immediately after eating, nor under the influence of any unnatural stimulant, nor while in a passion; else, in this latter case, he will most certainly make a fool of himself. Those who write under a depression of spirits, will always write nonsense, or untrue things. Those who write a great deal late at night, will lose their health or die prematurely. The best time for writing with freshness, vigor, and logical truthfulness is in the morning, when the brain has been recuperated and renovated by the natural stimulus of healthful sleep, before its force has been expanded or divided on the common affairs of life. No man ought to write over four hours in twenty-four, nor over one hour at a sitting; even oftener, it would be better to walk a few minutes, indoor or out, to rest the brain; but always write when the mind takes hold of the subject, when the spirit is on you, be it day or night.

EVERY intelligent person owes it to himself to learn from his family physician how to ascertain the pulse in health; then, by comparing it with what it is when ailing, he may have some idea of the urgency of his own case, and it will be an important guide to the physician. Parents ought to know the healthy pulse of each child.

CULTIVATE an equable temper; many a man has fallen dead in a fit of passion.

To prevent a man from getting sick, is a more glorious mission than to cure him. The parent, the teacher, the minister, these are the parties who are to coöperate in raising sons and daughters of robust health, and cultivated intellect, and educated consciences, to occupy the responsible positions of a coming age.

NEVER reflect on a past action, which was done with a good motive and with the best judgment at the time.

ILL health is the most prominent cause of insanity, induced by insufficient exercise, intemperance, over-eating, and yielding to trouble, care, and mental anxiety; the always certain remedy against these being a more general cultivation of out-door activities, a greater attention to stirring business, giving preference to those occupations which are congenial, absorbing, and encouragingly remunerative.

HE is a madman who disinherits his wife if she marries again; and madder than all these, are they who live here, as if there were no hereafter.

LET your appetite always come uninvited.

NEITHER poverty, hardships, nor exposures tend to lengthen life; they always shorten the average of life by many years, except in those few cases where there are counteracting conditions.

THERE is scarcely an ache or pain in the whole body which is not soothed or removed by hot water, if applied as follows: Dip a piece of flannel (or any cloth), of five or six folds or layers, in boiling water, and lay it on the painful part, covering it instantly with a dry flannel, whose edges extend over the wet one an inch or more; as soon as the wet flannel has dried a little, say in five minutes or less, slip it out under one edge of the dry cloth, and introduce another flannel as hot as can be handled; do this in so adroit a manner as to allow as little cold air as possible to get to the skin touched by the hot flannel; keep on thus, until the pain or other suffering is removed; the most violent, dry, and distressing coughs are thus loosened in a few minutes by this hot-water poultice being applied to the throat and upper part of the chest; if done adroitly, the worst forms of croup in children are so subdued in half an hour that the child, which was almost gasping for breath, perspires, its cough loosens, and it falls asleep.

SKATING has all the enlivening influences of dancing, and none of its necessary immoralities; with the incalculable advantage of securing the breathing of a pure and invigorating out-door air, instead of the stifling heat and dust of the ball-room.

A PIG will not eat when he is not hungry. Why should we?

WHOEVER drinks no liquids at meals, will add years of pleasurable existence to his life. Of cold or warm drinks, the former are most pernicious; drinking at meals induces persons to eat more than they otherwise would, as any one can verify by experiment, and it is excess in eating which devastates the land with sickness, suffering, and death.

NIGHT is the time for rest, and both body and brain, especially as to students, require all the sleep the system will take; they ought never to be waked up; Nature will infallibly do that when she has had her fill, and to shorten sleep, is to shorten life; half the time of daylight is as long as any man ought to spend in hard study.

THEY are wisest who, when really ailing, do nothing on their own responsibility, but promptly consult a physician.

"THROW physic to the dogs!" was a wise injunction.

HALF the men don't deserve wives, and yet they are the very ones who get the best.

MARRY into a different blood and temperament from your own.

No reformation can be relied on which is not founded on intelligence, associated with a stern religious principle.

IN recovering from any form of disease, keep abundantly and comfortably warm. Studiously avoid taking cold. Watch against over-exercise for several days or weeks. Eat very moderately, and at regular intervals, of plain, nourishing food. If these four things are observed, relapses would be rare, and the patient would be saved; the most difficult of the four is, to avoid eating too much; there is special danger of yielding to a craving for some particular kind of food.

SLEEPING-ROOMS should be selected in such parts of the house as have the most benefit from the rays of the sun; the bed and bed-clothes should be thoroughly aired, and kept in the sun as long as possible every day. Many of the sleeping-rooms in our hotels are so situated as never to feel the influence of the sun's rays, and those who occupy such rooms for any length of time are simply committing suicide.

ALL forms of exercise may be made hurtful by injudiciousness; if we take from our children all recreations which may be abused, we sign their death warrant. Exercise, activity, locomotion, are to the young a necessity, and it is our wisdom to multiply all those pastimes which encourage bodily out-door activities, promote the circulation of the blood, the exhilaration of the animal spirits, and the enlivenment of the mind.

No man can study advantageously all the time: there must be some relaxation, or the brain will become disorganized, or otherwise hopelessly diseased. No man ought to study hard on one subject more than four hours a day, and give ten hours to purposes of dressing, sleeping, and eating, leaving ten hours for mental recreation, that is, mental rest, which is done in two ways: first, engaging the mind in thinking about something else — that is, putting other organs of the brain to work; second, engaging in muscular motion, which does good in two ways — it works out of the system the waste particles made by hard thought, and thus purifies the blood, fitting it for building up the brain, repairing its wastes, making it ready for new work.

Do nothing remedially without your doctor's consent.

If we eat just enough, both mind and body are invigorated; if we eat too little, both become weak and faint — the body trembles, the mind is inefficient; if we eat too much, the stomach cannot eliminate the material which is to give out a pure carbon, and it then gives out an impure article, and mind and body are oppressed; the former loses its activity, the latter its vigor.

LET every man watch over his habits; cultivate those which are good, break off from those which in the end destroy both body and soul.

LITERARY and professional men maintain an idle theory when they consider every moment lost which is not employed in reading, writing, or investigation; it is loss of time, in the long run, which should alarm the individual; it is the curtailment of human life for ten, twenty, and even thirty years, which should startle the mind, and lead to a wiser way of life. Whoever indulges in brain-work over four hours a day habitually, does in proportion shorten his life, or at least shortens the term of his usefulness: this is a great general rule, to which there may be some exceptions; but let the reader take it for granted that he is not one of those exceptions; on the contrary, whatever of time spent in muscular activities, beyond the four hours of brain-work, adds that much to the probabilities of a longer life, and a life, too, of greater efficiency.

THERE are pulses all over the body, but where there is only skin and bone, as at the temples, it is more easily felt; the wrist is the most convenient point. The feebleness or strength of the beats is not material, being modified by the fingers' pressure.

COOL off in a place greatly warmer than the one in which you have been exercising: this simple rule would prevent incalculable sickness, and save millions of lives every year.



Do not go a skating, if the thermometer has fallen to twenty degrees Fahrenheit ; nor if it has fallen to thirty, and a cold, raw, damp wind prevails. Do not be on skates longer than an hour at a time. The moment you cease skating, go to the fire and rest ; but while on the ice, keep in active motion. When you start home, walk, by all means, at least half a mile ; thus the circulation of the blood will be equalized, and chilliness will be avoided. Take an extra coat or cloak, to be laid aside when you commence skating, and to be resumed the moment you cease.

A PALATABLE and safe summer drink for outdoor workers, is water of the natural temperature, sweetened with molasses. All root beers are pernicious ; for, being without appreciable nutriment, they cannot add to the strength of the body, and their value is deceptive.

A SLEEPING apartment should be always on the sunny or southern side, for then it will be dry, and warm, and cheerful ; there is superabundance of life in it.

PEACE promotes science, art, mechanism, and the accumulation of large fortunes ; while the increased thrift which long peace gives any community affords the members of it more time for reflection, and for the contemplation of the highest truths which can engage the human mind.

WHEN clergymen break down, or public men, or professors in colleges, or other literary institutions, get sick and die, the universal cry is, "over-study," "too much responsibility," "too much mental application." It is never so; not in a single case since the world began; we defy proof, and will open our pages to any authenticated case. If a man will give himself sleep enough, and will eat enough nutritious food at proper intervals, and will spend two or three hours in the open air every day, he may study, and work, and write until he is as gray as a thousand rats, and will be still young in mental vigor and clearness. Where is the man of renown who lived plainly, regularly, temperately, and died early?

THE mind can kill the body. Remorse for wrongdoing has laid many a victim in the grave. There are mental tortures more terrible than the gallows or the guillotine. Many a man walks the earth a living skeleton, because the fires of memory are eating him up, and for such things there is no cure this side of the grave. Prevention is the great wisdom, and youth the time for its application. The rules of conduct should be, Act deliberately, do nothing for revenge, perish rather than wrong another.

EAT regularly, not over thrice a day, and nothing between meals.

MANY a man who has been complaining for months of being sick, and has fallen into laziness and discouragement, would get well in a week, if he was only put in the way of making money largely as to him; that is, five dollars a day to one who never earned but two, and a hundred to another who never earned but ten. Then, again, it is an additional element of success, if there is an intelligent or scientific interest in the method.

LIFE is chemical operation, death is the absence of it. Every breath of the blessed out-door air drawn into our lungs is full freighted with oxygen; this oxygen comes in all its purity and plenteousness from the sun. In every ray of sunlight there are several colors; one of these is yellow, and through its operation on the world about us oxygen is derived.

To work hard, get rich, and die prematurely, is the sad history of millions. To work hard, accumulate money, and live healthily and long, is the glad record of the few.

CRUELTY to faithful and sagacious animals is one of the meanest and cowardliest of crimes.

It is well to give mad animals, as well as mad men, a wide berth.

Go to bed at regular hours. Get up as soon as you wake of yourself.

To be safe from a meaner fate than that of a thief, never use one cent of another's money without the explicit consent of the owner.

To be free-minded and cheerfully disposed at hours of meat, sleep, and exercise; is one of the best precepts for long lasting. As for the passions and studies of the mind, avoid envy, envious fears, anger, fretting inwards, subtle and knotty inquisitions, joy and exhilarations in excess, sadness not communicated. Entertain hopes; mirth rather than joy; variety of delights rather than surfeit of them; wonder and admiration, and therefore novelties; studies that fill the mind with splendid and illustrious objects—as histories, fables, and contemplations of nature.

READER, study the laws of life and health, and obey them, and you will soon be able to snap your fingers at the doctors.

THERE is reason to believe that more cases of dangerous and fatal disease are gradually engendered annually by the habit of sleeping in small, unventilated rooms, than have occurred from a cholera atmosphere during any year since it made its appearance in this country.

Soon after a meal is eaten, the temperature of the stomach is slightly increased, digestion goes on healthily and well, and in four or five hours the stomach is empty again.

A CLEAN tooth does not decay. Acids, sour fruits, always injure the teeth instantly; sweets never do; without them, children would die, hence their insatiable instincts for sugar. If a tooth powder was never used, the teeth would not be so white; but kept perfectly clean, would last for life.

"PICKING the ears" is a most mischievous practice; in attempting to do this with hard substances an unlucky motion has many a time pierced the drum and made it useless; nothing sharper or harder than the end of the little finger, with the nail paired, ought ever to be introduced into the ear, unless by a physician.

HE who attempts to elevate himself by the depression of his own class, calling, or profession, lacks the true ring of a noble nature.

OUR modes of life must be adapted to our age, our occupation, and the peculiarities of our constitution. There are certain general principles which are applicable to all. Every man should be regular in his habits of eating; should have all the sound sleep which nature will take; should be in the open air an hour or two every day, when practicable, and should have a pleasurable and an encouragingly remunerative occupation.

IT is worth the effort of a lifetime to be able to die well; to die without pain, and in a well-grounded hope of happiness beyond.

A GOOD wife is the greatest earthly blessing. A man is what his wife makes him. It is the mother who moulds the character and destiny of the child.

It is a melancholy thing to know that so many of our young ladies of the fashionable world should be given to the habit of painting their faces at all ; but especially of using dangerous poisons, and jeopardizing their lives and health for the sake of producing a little higher color on their cheeks, or a little darker eyebrows. Young ladies, you are injuring your health by the use of these poisonous cosmetics, and you deceive nobody. You make as great fools of yourselves as do the old men who dye their beards and hair.

OUR theory of cure is, never to need it. So live, that you will never be sick. It is far easier to do this, than it is to cure you after you have lost your health.

THE tyranny which the dread of bad marks and failures exercises on the mind of the children of the public schools is not merely severe, it is terrible ; but we see no hope of a change until the parents become wise enough to care at least as much for the welfare of their children at school as for their canary birds, horses, cats, and poodle dogs.

ANY kind of fluid largely taken at a meal, or soon after, is positively injurious to health.

THE sun-baths cost nothing, and that is a misfortune, for people are still deluded with the idea that those things only can be good or useful which cost money, and they will cheerfully pay away their dollars for Turkish and Russian baths, when they could get any number of sun-baths, which would be far more beneficial to them, for nothing. Let it not be forgotten, that three of God's most beneficent gifts to man, — three things the most necessary to good health, — sun-light, fresh air, and water, are free to all; you can have them in abundance, without money and without price, if you will. If you would enjoy good health, then see to it that you are supplied with pure air to breathe all the time; that you bathe for an hour or so every day in the sun-light; and that you quench your thirst with no other fluid than water. In regard to sun-baths, let any invalid who reads this, and who has been housed for some time, take an occasional walk in the sun, if it should be only on the piazza, and observe the effect. In our opinion he will find it the most healthful bath he has ever taken.

DIVORCE, neglect of marriage, and prevention of offspring, are crimes against society, humanity, and God; and the only efficient prevention of these mischievous practices is in the becoming more imbued with the principles inculcated in the Scriptures of the Old and New Testaments, and this must be begun in the very early life of the child.

It is a good omen that intelligent, reflecting, and humane teachers, in different parts of the country, are beginning to make personal health one of the branches of an elementary education. Is it not wonderful that more efficient steps have not been taken in that direction long ago?

*much this - ?*  
If you are very warm, perspiring profusely, and are, very properly, afraid of cooling off too quickly, fill a basin three parts full of warm water, and paddle the hands in and out; the layer of water touching the skin is converted into steam the moment the hand is out of the water, thus causing a rapid carrying off of heat by evaporation; such an operation is perfectly delightful when the feet and hands are dry and hot, or are burning with fever.

INFANTILE vaccination is an almost perfect safeguard until the fourteenth year. Let every youth be re-vaccinated on entering fourteen. Let several attempts be made, so as to be certain of safety.

To meet at the breakfast table father, mother, children, all well, ought to be a happiness to any heart; it should be a source of humble gratitude, and should wake up the warmest feelings of our nature. Shame upon the contemptible and low-bred cur, whether parent or child, that can ever come to the breakfast table, where all the family have met in health, only to frown, whine, growl, and fret.



DID you ever think of the number of people who are making their living out of those who are either sick, or who imagine that they are? The doctors, regular and irregular, the quacks and druggists, wholesale and retail? and of the immense quantity of trash that is daily gulped down by gullible people? The amount of money which is paid for medicines in any one day in the city of New York would pay the expense of all of her public schools for a whole year! and for all the good that comes from it, nine tenths of it might as well be thrown into the river.

YOUNG man, "stick to the last." Stick to your business; the business you were brought up to. If, in looking around you, you see others seemingly getting on faster than you are, don't blame your business; it is not the fault of your business, if it is legitimate and useful; the fault is in yourself; put more energy into it. Let the people know that you are living; let the people know what you are doing, where you do it, and that you do it well. We really do not know of any business, useful in itself, that will not make a man rich in a large city, or even a small one, if he follows it well and keeps at it, for every day makes him more a master of his calling; and remember, if you can't succeed in a calling which you know all about, how is it possible for you to succeed in one which you know nothing about?

THEY who marry for physical characteristics, will fail of happiness; they who marry for traits of mind and heart, will never fail of perennial springs of domestic enjoyment.

THE instant a person is known to have swallowed poison by design or accident, give water to drink, cold or warm, as fast as possible, a gallon or more at a time, and as fast as vomited drink more; tepid water is best, as it opens the pores of the skin and promotes vomiting, and thus gives the speediest cure to the poisonous article. If pains begin to be felt in the bowels, it shows that part at least of the poison has passed downwards; then large and repeated injections of tepid water should be given, the object in both cases being to dilute the poison as quickly and as largely as possible. Do not wait for warm water—take that which is nearest at hand, cold or warm, for every second of time saved is of immense importance; at the same time send instantly for a physician, and as soon as he comes, turn the case into his hands, telling him what you have done. This simple fact cannot be too widely published; it is not meant to say that drinking a gallon or two of simple water will cure every case of poisoning, but it will cure many, and benefit all by its rapidly-diluting quality.

EVERY man ought to have his family physician, just as every man has his lawyer, tailor, or cobbler.

A LARGE number of persons evidently consumptive, will be found on inquiry to have had a husband, wife, sister, or child to have died of that disease. Statistics seem to show that a wife whose husband is consumptive, is more liable to consumptive disease than a healthy husband with a consumptive wife; the reason of this, if true, will suggest itself to the thoughtful.

IF a man is fat or lean, and feels well, having all the bodily functions acting regularly, with sound sleep and no discomfort after eating, he should by all means let himself alone.

THE acquisition of knowledge is a bliss to children, only make the idea plain, and its reception easy.

IT is positively dangerous to wash the face in cold water when much heated. It is not dangerous, but pleasantly efficacious, if warm water is used.

IF a lamp or candle, or a very little fire is kept burning in a fireplace at night, a draught is created up the chimney, by which the foulest air in the room is carried out with great rapidity.

BRANDY kills multitudes every year who enjoyed perfect health before they began to use it; hence it would seem fair to infer that it will kill the sick much more speedily.

IN riding in vehicles it is safer to raise the front glasses instead of those at the side or in the rear.

THOSE who take anodynes to promote sleep, instead of procuring it by moderate bodily activities in the open air, make a dangerous experiment.

AFTER a child is three months old, it should not be allowed to sleep in the same bed with its mother, but in a crib at the bedside, where it should be put immediately after each nursing; both mother and child will sleep better for this arrangement. Sometimes children seem to be cured of summer complaint, especially if connected with teething, by being allowed to chew a piece of bacon well-cooked, that is, the fat part of it attached to the skin; they will sometimes chew upon this for half an hour or more, with apparent delight. Benefit has been derived by cutting up raw beef fine, pounded, then put in a rag and squeezed out, — the solid part remaining — to be eaten, and nothing else, a teaspoonful four times a day, and drinking but very little of anything except flaxseed tea or barley water. These things are to be done only until you can get a physician. It is horrible to think of a parent groping along in the dark, on his or her own responsibility, when the life of a child is at stake.

THE good things of this life were certainly made to be enjoyed rationally, temperately, thankfully, and lovingly towards Him who supplies them all.

THE public ought to be advised that all "soothing syrups," and all preparations of opium, laudanum, paregoric, and the like, have a direct tendency, in all cases of summer complaint in children, to abate the symptoms, only to induce a protracted recovery, convulsions, or water on the brain.

LET parents and teachers be warned, never to strike at an unresisting child in anger; it is a cowardice, a brutality, and a crime.

THE best time for recreation, as to body or brain, is the after part of the day, when the main business of life has been attended to; thus resting the working faculties, while exercising those which have been idle; thus giving occupation each day for the whole man.

PERSONS who are starved to death become idiotic towards the last, because there is not nourishment in the blood to feed the brain, to keep up its activities.

THERE is reason to believe that there may be worms in all kinds of meats, although the popular impression is that they are found only in the meat of the pig. It is now certainly known that trichiniasis, as it is called, arises from eating raw pork, and that the certain prevention is the thorough cooking of pork, ham, or bacon in all its forms.

It is customary to put an open vessel of water on a stove, to prevent the air of a room in winter from getting too dry ; thus, by filling the air with steam, it is rendered just as much less nutritious to the lungs and blood as if filled to that extent with the fumes from a dead carcass. This damp atmosphere has something of a steaming process on the skin, and thus renders the person extremely liable to take cold as soon as he goes into the open air. We want the air of a stove-room ventilated, changed for pure air from without, not to fill it with the vapor of water. The only way yet known to improve the air of any room warmed by artificial heat, is to open a door or window from time to time, as while the family are at table eating their regular meals.

THERE is nothing in the working of a sewing-machine calculated to impair the health ; the labor is uniform, not excessive, nor calculated to overstrain any of the muscles of the system. A contrary view was taken at one time, but it was formed from incomplete observations, and a want of care in ascertaining all the facts in given cases. The motion of the feet promotes the circulation, and tends to keep them warm ; the motion of the fingers invites the blood to the extremities, which all admit is a healthful observation, while the necessity of adjusting the work keeps the mind on the alert.

THE man or woman who comes to the family table with a scowl, is a brute in nature, and only wants opportunity to bring out his littleness and his meanness.

No one should work or study hard within half an hour of a regular meal.

If a man, sick or well, comes home to his dinner cold, hungry, wearied, and worried, a cup of hot tea, drank during the fore part of the meal, is of great physiological benefit, for it warms up the system by the heat of the beverage being conveyed direct to the centre of life; it rouses the stomach to healthful action; it arrests the depressing and failing powers of life, energizes the circulation, and wakes up the activities of the brain and moral sentiments.

Do not bathe within two hours of eating a full meal; death has often resulted from inattention to this rule. Cold-water baths are hurtful, under all circumstances, to very young or very old people; to invalids, to consumptives, to those subject to spitting blood. It is the safest rule that a woman should never take a cold bath other than to rub the whole surface quickly with a soft towel, dipped in water pressed out; lay the towel smooth on the hand, and rub quickly the whole body, within ten minutes.

ALL radical reforms aim at prevention, rather than rectification.

IF alcohol is food, why not give it to our horses? If liquor fattens, why not give it to our beef cattle, our turkeys, and our pigs — a good dram of it night and morning?

MEN may live long, and in health, who never taste meat, but they never can excel in anything which requires energy. The nations which eat no meat, as to the masses, are always inefficient or degraded. The hundreds of millions of Japan and China have failed in the centuries of the past in all that makes a nation or an individual grand in conception, or magnificent in accomplishment. They are to-day, what they were ages ago, and they live mainly on rice and other vegetables. The most of the Irish, at home, live chiefly on potatoes, and multitudes who reach our shores are but a short remove from idiots; they have brute force, but are mentally deficient in all that elevates.

IF a man can sleep soundly, has a good appetite, with no unpleasant reminders after meals, the bodily habits being regular every day, he had better let himself alone; whether he is as big as a hogshead, or as thin and dry as a fence rail.

READING aloud helps to develop the lungs, just as singing does if properly performed.



DOING too much, and doing nothing, are equal suicides ; recreation is as much a necessity as application, and they are wisest who enjoy, as well as work.

POETRY, and all about an old miser.

“ A cautious look around he stole,  
His bags of clink he chunk ;  
And many a wicked smile he smole,  
And many a wink he wunk.”

Sometimes it is desirable to give medicine unawares, and let the patient find it out afterwards ; so, in quoting the above, we have administered a pill of laugh ; for whoever could refrain from a loud gulp, on reading the miser's lines, hasn't as much fun in him as the little urchin, who, seeing a little mouse come down the bell-rope, and commence tugging at the schoolmaster's gown while kneeling at prayer, burst out into an uncontrollable fit of laughter. The domine was greatly put out, and threatened dire punishment, unless the little fellow could explain himself in poetry ; whereupon he impromptued the following rhyme : —

“ A little mouse, for want of stairs,  
Came down the rope to say his prayers.”

The same little boy afterwards became Isaac Watts.

HE is the grandest man who is willing to investigate any proposition with calmness, and to be led wherever truth directs.

IN apoplexy, as there is too much blood in the head, every one can see that the best position is to set a man up, and the blood naturally tends downwards, as much so as water will come out of a bottle when turned upside down if the cork is out.

THE people of the world, who live mainly on meats, and whose civilization commands the varieties of all climes, these are they who take the lead in all human enterprises, which secure results at once magnificent and astounding in physical accomplishments and mental acquirements.

IT is in connection with the *table* that a vast amount of our drunkards are made; this host would be cut off at once if only tea and coffee were drank.

ONE third of all the children born die before they are two years old, and three fourths of these perish unnecessarily — perish as a consequence of the neglect or ignorance of mothers. *Most infants are physicked and fed to death.* No medicine whatever, not the modest “catnip tea,” should be given to an infant, without the direction of the family physician.

EVERY man believes that consumption is an incurable disease, until he has it himself; and even then he does not arrive at the conviction until the day before he dies.

SOME of the most terrible of all diseases are induced by eating cold food habitually. Hence tea and coffee should be used hot, and it would be wicked, at least for the old, and frail, and feeble, and overworked, not to use them at meals when they can get them. The essential element of tea and coffee has the inevitable effect on the human system of enlivening, of invigorating both mind and body for the time, and thus, when weary and hungry, elevates the whole man to the condition of receiving and managing the food eaten; that is, promotes digestion thereby; hence tea and coffee at our meals are good digesters.

FRUITS have their best effect when used in the early part of the day; hence, we do not advise their employment at a later hour than the middle of the afternoon; not that, if perfect and ripe, they may not be eaten largely by themselves within two hours of bed time with advantage; but if the sourness of decay should happen to taint them, or any liquor should inadvertently be largely drank afterwards, even cold water, acidity of the whole mass may follow, resulting in a night of distress, if not actual or dangerous sickness. So it is better not to run the risk.

To eat wisely, we must adapt our food to our age, to the various occupations and callings of life, and to the temperaments of the system.

THE best position in which to go to sleep is on the right side ; the heart being on the left, it has greater freedom of action than when the weight of that part of the body is on it.

THE muscular strength of a Nation depends upon the proper use and proportions of the various kinds of food eaten ; and it has been well said that the political influence of a Nation is as much dependent upon the muscular strength of the people as upon their intelligence and commercial activity. Englishmen and roast beef are synonymous ; and for centuries past the English Nation has been the most powerful, the most influential Nation on the globe ; a long-lived, intellectual, and powerful race, as to the individuals composing it, founded on vigorous "health," as a result of "good living."

ALL who employ workers, should understand that it is a poor economy to stint them at the table. The man who eats the most can do the most work, for the simple reason that the power to work is obtained from the food we eat, and cannot be had from any other source.

ATHLETES and prize-fighters do not often live long ; the training process, of itself, is a strain upon the constitution and the powers of life. All violences and shocks to the human body are as certainly injurious as such things would be to any machine made by human hands.

MANY a traveller will save his life by taking a warm and hearty breakfast before starting in the morning, and by putting up for the night not later than sundown.

"HELP one another," is the spontaneous aspiration of every noble nature, of every generous bosom. The great ensample of all ages, in a work so literally godlike, is found in Him "who died that we might live," and they are best entitled to kinship with Him who most closely follow His footsteps.

UP to forty-five the bodily constitution is knit, is built up, is consolidated by wise labors, if the mind also is kept in the exercise of healthful activities. The same hard labor after forty-five, so far from building up, destroys; but while that is the case, mental toil builds up the body, and its effect is to increase the capability of living. Hence, a man who works his body pretty hard, and his mind rather more moderately, up to forty-five, has done most towards securing a lasting constitution; and if then he begins to work the body less, and the mind more, he adds to that lastingness, and bids fairest to live to eighty or a hundred years.

IN ordinary breathing, a man takes into his lungs, at one inspiration, about a pint of air. It enters pure, and is returned destitute of life.

IN cholera, and all epidemics, the liquor drinkers are the first to die.

THE pure out-door air is the natural food of the lungs; when deprived of the required amount, they always become diseased; and not only is consumption ameliorated, but all diseases are benefited in proportion as the patient is able to breathe pure air.

IF a man is hungry within an hour, more or less, after a regular meal, he is a dyspeptic beyond question, and it shows that the stomach is not able to work up what he has eaten, so as to get nourishment out of it; but to eat again, and thus impose more work, when it could do nothing for what had been already eaten, is an absurdity; and yet all dyspeptics who eat whenever they are hungry do this very thing, and thus aggravate and protract their sufferings.

THE great end of human life is to secure an existence beyond the grave, high, holy, happy, and immortal. The great wisdom of human life is to do all that is possible to attain that existence, each for himself. The great beneficence of human life is to do all that can be done, consistently with other duties, to help one another to attain an object of such infinite importance, especially the children born to us.

As a vigorous and healthful appetite and digestion are the inevitable results of labor performed day after day, a labor which secures an encouraging remuneration, so healthful, sweet, delicious sleep can only come as a consequence of compulsory mental or physical effort.

It cannot be denied that health and life are lost every day, as the result of the ill management of our schools, seminaries, colleges, and universities, but most of all, the primary schools; because, mainly, learning is made a task, a drudge, an insufferable bore.

THE air which comes in contact with the furnace is burnt; it is in part decomposed, and is no longer fit for purposes of healthful respiration. Whenever air comes in contact with a nearly or quite red-hot metallic surface, it is no longer fit to enter the lungs of any thing that breathes, and is instantly detected by the feeling which is expressed by the term "closeness." The air has in it such a small amount of living sustenance, that an ordinary quantity taken through the nostrils is not enough, and the person instinctively opens the mouth, literally gasps for more, as a fish for water, when thrown out of its native element.

It is a bad plan to ride, when you could just as well walk.

WHITE India rubber, as used in nursing-bottles for infants, contains an active poisonous ingredient, causing sore mouth, eruption, and even death in some cases; its sale is, on this account, prohibited by law in some European countries. Toys of this material should be carefully kept from young children, whose instinct prompts them to put everything in the mouth which is handed them.

It ought to be known, as a world-wide truth, that, of itself, hard study kills nobody.

To compel any child under twelve, to sit or stand perfectly still for ten minutes, is a barbarism; because it is the motion of the muscles which aid to send the blood to the heart; and if they are quiet too long, the blood goes to the heart in too small quantities to keep it in action, hence it stops beating, and the person is said to "faint." So necessary is motion to the circulation of the blood, that even in our sleep Nature's ever watchful instincts cause a change of position every few moments, either in the body or some of the limbs.

How many a youth at school, how many an apprentice in the shop, how many a child in the family, has gone out in the night of a blighted life, who, with humane encouragements, might have lived usefully and died famous, let the passionate teacher, and master, and parent inquire, and do a little more patting on the shoulder.



LEAD colic is a disease to which painters, and workers in red and white lead, are subject, causing severe pains, tedious sickness, and often death. The disease is partially owing perhaps to breathing the fumes, but mainly from particles taken into the stomach by the food which is handled. Workmen can effect a total exemption from the disease by attending rigidly to three things. Keep the finger nails trimmed closely, so as to prevent particles of lead from collecting under them, and transference to the bread in eating it. Wash the hands well with soap and water, and rinse the mouth before eating. Drink half a pint of sweet milk at each meal, to antagonize the influence of any particles of lead which may find their way into the stomach. It has been found, in thousands of cases, that an habitual attention to these things secures an entire exemption from lead colic.

THERE are times of weakness to us all, perhaps, when the conviction comes sweeping over us that it is impossible to succeed in business and be honest. And yet a little closer examination into the histories of men will show triumphantly that honesty pays.

ANY one — the feeblest — can commit an error; it requires a man to frankly acknowledge it.

CLERGYMEN's sore throat is wrongfully set down to the score of "arduous labors!"

ALMOST every article of hair dye contains, in greater or less quantity, the most poisonous preparations of lead, which are absorbed into the scalp and lower face, become incorporated with the blood, and engender painful, incurable, and disgusting diseases. It is said, in one of the French lunatic asylums eight per cent. of the victims were users of hair dye. Gray hairs add dignity to man; those who are ashamed of age, and seek to conceal it in these ways, can scarcely claim the respect of their kind; and it would be wiser in them to be ashamed of their shallowness than of their age.

A COLD is never cured; and yet we have millions of remedies published every year which will cure a cold. A cold cures itself. That is, a man gets well of a cold, as he gets well of the small-pox, but we do not remember ever to have heard of a man being cured of the small-pox; this fearful malady runs its course, and the man gradually regains his health. So a common cold, fairly seated, will run its average course of two weeks, and then the man is as well as he ever was.

IF a man is deprived of sunlight, he fades away like a flower without water, and always comes to an untimely grave.

THE prevention, the permanent arrest, or lasting cure of consumption, is found "in the food we eat—in the air we breathe."

EVERYBODY ought to get married who can boast of three things—a sound body, a sound mind, and a good trade. This as to men, and as to women, they should possess good health, tidiness, and industry. With these, any young couple can get as rich as they ought to be, or as rich as is necessary to an enjoyable life, if they will only go to house-keeping a little below their ability.

THE importance of being out of doors every day as much as possible, can scarcely be overrated. But to derive the highest advantage from breathing an out-door air, the person should exercise enough to keep off a feeling of chilliness, but not so much as to cause unnatural breathing—that is, too fast or too deep.

THE young should have the courage to live within their means; to have more pride in the consciousness that they have a little spare money at home, than in living in a style which keeps them all the time cramped in maintaining. Better to live in one room with all the furniture your own, than occupy a whole house with scarcely a chair or table paid for.

To all young men, who aim to do good on a large scale, we say most earnestly, Nurse your constitution with pious care, invigorate it; study to be well, as the necessary means of doing well, in the highest sense of the term.

ALL kinds of life, whether vegetable or animal, have within them a principle of preservation, as well as of perpetuity; were that not the case, all that breathes or grows would die. This principle or quality is common to man and beast, and all that springs from root or seed: it is named "Instinct." It is instinct which calls, by thirst, for water when there is not fluid enough in the system. It is instinct which calls for food, by hunger, when a man is weak, and needs renovation. It is curious and practically valuable as a means for the removal of disease, to notice the working of this instinct, for it seems to be almost possessed with a discriminating intelligence; certain it is, that standard medical publications give well-authenticated facts, showing, that following the cravings of the appetite, the animal instinct has accomplished far more than the physician's skill was able to do; has saved life in multitudes of cases, when science has done its best, but in vain.

EQUANIMITY of mind is the great catholicon of humanity. Let all who would have length of days, whatever may be their station in life, strive for an equable frame of mind.

PERSONS have often lost their lives by writing or reading in a room where there was no fire, although the weather outside was rather uncomfortable.

HAPPY they who are wise enough to perceive, and feel, and enjoy life's sunshines while they are present. There are many who not only have not enjoyed their sunshine, were not conscious of its presence, but when it has passed, make life miserable in the vain regrets of not having appreciated and improved it while it was passing.

It is productive of a great deal of domestic enjoyment to have a man and wife working to the same end, having a common object in view, whether it be to save up money enough to buy a new chair or a neighbor's adjoining farm. It is thus that they grow into the feeling that they are one, that their interests are united, and they soon begin to work into each other's hands; the wife seeks to make the husband's task easier, knowing that it enables him to do more for her, and that the common object will be the sooner attained; the husband seeing this, reciprocates, and loves the more, day by day, until they become one in aim, and feelings, and sentiments; and a love more abiding as the years grow old, is the happy result.

TOBACCO, in any form, is not only a narcotic, but it is a stimulant also; it not only blunts the sensibilities, but it goads both mind and body to unnatural activities, and the machine, made to run faster than was ever intended, wears out so much the sooner, and long before its time, and stops forever!

CHRISTIANITY cherishes learning ; learning establishes Christianity. The head and the heart are cultivated together ; side by side they grow ; the one in purity, the other in power ; and fast friends will they be until time's ending ; making on the earth, meanwhile, gardens out of every desert, scattering flowers where only thorns grew before, and clearing away from every physical and moral waste the blots and blurs which mar the beauty of the material and moral world.

LET the young, and all remember, that it is the motive which constitutes the meanness, or otherwise, of an act which is not in itself dishonorable. Better is it for a man to do a thing for himself, than to have another do it for him, when he cannot afford to pay for the service. The first step towards implanting in the mind of a child a feeling of self-reliance and a manly independence, is to teach that child to help himself whenever it is practicable.

THE great, broad fact is indisputable, that the great nations of the earth, those who live in the north temperate zone, and who make the products of all climes tributary to their tables, which are bountifully spread with the meats, and fish, and fruits, and vegetables of all lands and seas, are the greatest in the aggregate, while individually they have produced the greatest names in all history.

SLEEPING in rooms long unused has destroyed the life of many a visitor and friend. Our splendid parlors, and our nice "spare rooms," help to enrich many a doctor. The cold sepulchral parlors, from May until November, bring disease, not only to visitors, but to the visited; for coming in from domestic occupations, or from the hurry of dressing, the heat of the body is higher than natural, and having no cloak or hat on in going in to meet a visitor, and having in addition but little vitality, in consequence of the very sedentary nature of town life, there is but very little capability of resistance, and a chill and cold is the result.

WHEN a person takes a cold, the natural remedy would seem to be, to take a warm; that is, get warm and keep warm for every second of time; keep comfortably warm, even if it requires the thermometer to be kept at a hundred degrees; and maintain this temperature, and remain in a well warmed and ventilated room until restored to usual health.

THE rich can't get to sleep; the poor can't wake up; that is, would oversleep themselves, if their necessities did not wake them.

A BED should always be made several hours before sundown, before it has had time to gather the damps of the evening.

PARENTS, as you can never tell that any night shall not be the last on earth, however well the child may seem on retiring, and that it shall not wake up to a brain fever, or dreaded croup, or the more fearful diphtheria, or putrid sore throat, be persuaded to make a habitual and systematic arrangement by which each child shall retire to its little bed with a feeling of affectionate lovingness towards you; that no harsh word, or look, or inconsiderate act of yours shall ruffle its little heart, and cause it to turn its face to the wall against you. Your indifferent, stereotyped, matter-of-course kiss is a cruel hypocrisy. The little creatures perceive it by an instinct, and they lie down with an undefined dissatisfaction. If you do not feel a kiss, do not commit the atrocity of a mere form, but go and pray God to give you a better heart.

THERE is, perhaps, not an eminent physician in any system of practice, who will not declare, with a distinguished medical practitioner, now deceased; "I believe that during the twenty-six years I have followed my profession in this city, twenty thousand children have been carried to the cemeteries, a sacrifice to the absurd custom of exposing their arms naked."

LET every man watch over his habits, cultivate those which are good, break off from those which in the end destroy both body and soul.



To know when and how to follow the instinct of appetite, to gratify the cravings of nature, is of inestimable value. There is a rule which is always safe, and will save life in multitudes of cases, where the most skilfully "exhibited" drugs have been entirely unavailing. Partake at first of what Nature seems to crave, in very small quantities; if no uncomfortable feeling follows, gradually increase the amount, until no more is called for.

MANY persons precipitate themselves into the grave by attempting to bravado an ailment; to be up and about in defiance of it. If anything at all is the matter with a man which is really disquieting, he should at least have as much sense as a pig, and go and lie down; pigs are not such fools as to move about in pain.

How to cure a cold promptly, is a question of life and death to multitudes. There are two methods of universal application: first, obtain a bottle of cough mixture, or a lot of cough candy — any kind will do. In a day or two you will *feel* better, and in high spirits; you will be charmed with the promptness of the medicine: make a mule of yourself, by giving your certificate of the valuable remedy, and in due course of time another certificate will be made for your admission into the cemetery. The other remedy is, consult a respectable resident physician.

A PAIR of good shoes, a thick woollen under-shirt, a few dollars expended in mending a leaky roof, or to supply an abundance of pure water to a household, would many a time be the means of warding off sickness from individuals, and even whole families, otherwise doomed to weary years of invalidism, with the attendant expenses which have to be supplied from charitable funds.

NEITHER mirth nor mourning ought to be restrained of their natural expression. Laughter increases the gladness, and sighs relieve the sorrowing heart.

OUR highest wisdom and our only safety is in living up to the laws of our being all the time, habitually ; and such are the persons who live to a good old age, in health of body, and in that cheerfulness of spirit, which is a natural fruit of habitual health.

THE people are really beginning to wake up to the proper appreciation of what is solid, and useful, and practical, and true ; are beginning to find out that they have bodies ; that these bodies ought to be cared for as well as a fine coat or a new hat, and will last the longer for such care. This is a happy omen in the estimation of the physician, who knows full well that half the race die half a century sooner than they would do, if the science of health were studied as it ought to be.

LET no man's appetite be a guide for your stomach; but only eat what you crave, even if it be a piece of pound cake or sole leather; eat it in great moderation first, so as to be on the safe side, and gradually increase the quantity. On the other hand, never swallow an atom which you do not crave, for nothingn or nobody. A pig would not so violate nature. It should strike us as one of the most reasonable of inferences, that the stomach would most easily digest that which it most eagerly craved. There are morbid and unnatural cravings, but these are exceptions. We are speaking as to general rules, here and elsewhere in this volume, and it will help the reader to a more truthful appreciation of the principles advocated in these pages if this distinction is kept clearly in view.

THEY who are wise, will, for themselves and their children, give an early direction to the higher feelings of our nature towards those channels which will pour out their influences of truth, humanity, and religion, to fructify and bless the world for all time.

It is a truth, which should be kept sight of in all human maladies, that great Nature is our safest and wisest teacher.

THE time for taking cold is after your exercise; the place is in your own house, or office, or counting-room.

DYSPEPSIA is cured by muscular exercise, voluntary or involuntary, and cannot be cured in any other way, because nothing can create or collect gastric juice except exercise ; it is a product of the human machine — Nature only can make it.

To go down to the grave without bitter remorse, to have an old age crowded with dear, delightful memories, cultivate the habit of perceiving and enjoying the present sunshine, of appreciating present blessings and present happiness ; cultivate, sedulously cultivate, a respectful, affectionate attention to parental wishes, to the promotion of parental comfort, and peace, and quietude, and gladness, and to all your kindred, especially to those nearest to you ; aim steadily, not merely to discharge your whole duty, for that is a cold word in this connection, but let your whole life go out to them in willing sympathies, in timely assistance, in generous allowances, and in forbearances loving, and long, and sweet. Such a course will bring present rewards, and will lay up for the future a store of delightful satisfactions, to be feasted on till life's latest hour.

It is an absolute cruelty for any man who owes another, in these times, to permit money to lie idle in his hands. There are times when a single dollar may lift a mountain weight from the heart of a man who is worth thousands.

MAN is like a well-adjusted and well-made machine, which, if worked steadily, will last a long time, but if moved by fits and starts, and badly cared for, will soon be jolted to pieces. Thus it is that equanimity of mind, and steady bodily habits, are each promotive of long life, and, when combined, will not only enable the possessor to live within sight of his century, but do it in enjoyable health of body, and a pleasurable and hilarious mental activity. Surely such an old age is worth laboring for; and that it is attained by whole classes of persons who make moderation their life-long habit, is susceptible of undeniable proof.

OUR ministers are feasted too much.

YOUNG children who live in cities during the hot weather, would be almost exempted from summer diseases if they lived wholly in elevated, good buildings, and were regularly and properly fed.

WHAT you have to do, do it at once, and do it well.

IF you want your talents appreciated, get rich. That tells the whole story in a nutshell. If you wish to be anybody in the estimation of mankind, get rich. No matter how pure your morality, how lofty your aspiration, how disciplined your mind, unless you have a fortune, you will seldom be loved, noticed, or respected.

Books are never so necessary as in the wane of life. In childhood, we are busy with toys; in youth, with pleasure; in manhood, with action; and so may dispense with the delights of reading, with little consciousness of loss. But when at last we are too wise to be charmed with baubles, too earnest to be tickled with straws, too old to enjoy the pleasures of sense, too fond of repose to endure the noise of the bustling world, then it is that books are felt to be the truest and most agreeable of friends; companions who neither contradict us with arrogance, insult us with bad manners, nor love us with prolixity. For we can cherish the entertaining, reject the dull, and snub the long-winded, without giving pain. How pleasant, when life is in the "sere and yellow leaf,"

"To turn again our earlier volumes o'er,  
And love them then, because we've loved before;  
And wily bless the warning hour that brings  
A will to lean once more on single things;  
If this be weakness, welcome life's decline;  
If this be second childhood, be it mine!"

NEVER anticipate wealth from any other source than labor; especially, never place dependence upon becoming the possessor of an inheritance.

IN our opinion, those who reprobate the rich so glibly, are a set of poor, lazy good-for nothings, whose idolatry is their ease, whose god is their belly, and who glory in their shame.

WE must die alone. To the very verge of the stream our friends may accompany us; they may bend over us, they may cling to us, there; but that one long wave from the sea of eternity washes up to the lips, sweeps us from the shore, and we go forth alone! In that untried and utter solitude, then, what can there be for us but the pulsation of that assurance, "I am not alone, because the Father is with me!"

MOST persons have a kind of spite or grudge against rich people, the foundation of which we presume is in envy,—one of the very *meanest* feelings of our nature.

AWAY with this railing against the rich; let it be preached from the pulpit, and let it be proclaimed by the press, with its million tongues, that to accumulate wealth is one of the first, one of the highest, one of the noblest duties of an immortal mind, and then that to use it benevolently, makes that mind akin to God. The true Christian doctrine is, make all you can honorably, save all you can unmeanly, bestow all you can unostentatiously.

To succeed in life, make up your mind to accomplish whatever you undertake; decide upon some particular employment, and persevere in it. All difficulties are overcome by diligence and assiduity. Be not afraid to work with your hands, and diligently, too.

Do not jest with your wife upon a subject in which there is danger of wounding her feelings. Remember that she treasures every word that you utter. Do not speak of some virtue in another man's wife to remind your own of a fault. Do not reproach your wife with inattention in company; it touches her pride, and she will not respect you more, or love you better for it. Do not upbraid your wife in the presence of a third party; the sense of your disregard of her feelings will prevent her from acknowledging her faults.

EVERY man owes it to society to become rich, for the poor man's advice is never heeded, let it be ever so valuable. The more wise one may be, the more he owes it to his country to become wealthy. Every addition made to a man's fortune, adds ten per cent. to his influence. Let a man throw a doubloon on the counter, and every one will want to hear it ring. Throw a cent down, however, and its voice would prove no more attractive than poor relations.

A MAN that has no enemies, is seldom good for anything: he is made of that kind of material, which is so easily worked, that every one has a hand in it. A sterling character, one who thinks for himself, and speaks what he thinks, is always sure to have enemies. They are as necessary to him as fresh air; they keep him alive and active.



IF the disposition to speak well of others was universally prevalent, the world would become a perfect paradise. How many enmities and heart-burnings flow from detraction! How much happiness is interrupted and destroyed! Envy, jealousy, and the malignant spirit of evil, when they find vent by the lips, go forth on their mission like foul fiends, to blast the reputation and peace of others. Every one has his imperfections, and in the conduct of the best, there will be occasional faults which might seem to justify animadversion. It is a good rule, however, when there is occasion for fault-finding, to do it privately. It is a proof of interest in the individual, which will generally be taken kindly, if the manner of doing it is not offensive. The common and unchristian rule, on the contrary, is to proclaim the failing of others to all but themselves. This is unchristian, and shows a despicable heart.

TRUE religion is the foster brother of education, elevation, and research, and that system which cherishes ignorance and represses thought, may be known thereby to be false in its foundations, the world over.

THE common opinion that drunkenness belongs to the poorer and more degraded of our population, and that it most abounds only in dens and garrets, is indeed a very mistaken one.

THE stomach is weak, like every other part of the body, and to put upon it a task which its instincts do not seek, is unwise and illogical in the highest degree. You can't make a sick pig eat, while man, a bigger pig, "forces" the food upon himself, when he has not the slightest inclination, and even takes measures to create the inclination. Nor bird, nor beast, nor creeping thing will eat when sick, but man, the biggest brute of all, will.

HEALTH, wealth, and religion are the three grand duties of life. Each additional year confirms me in the opinion, that pulpit teachings, in reference to money, are erroneous, mischievous, and inconsistent.

THE first, the indispensable requisites of healthful cooking are, that the materials should be fresh, perfect, and ripe, and that they should be properly cooked. It may be safe to say, that half of the food prepared for American tables is ruined, for all purposes of healthful nutrition, in the cooking, and destroys rather than builds up, weakens, instead of imparting vigor, and engenders wasting disease, rather than promotes good health. The higher classes of society, the best informed, appreciate these truths, and seek to secure all their advantages by a more strict personal attention to the larder and the kitchen than those below them in the social scale.

THE masses have a settled feeling of hostility, and even bitterness towards the rich, as if they were their hereditary enemies; and yet in no large city of the world is so much done for suffering humanity, as by the rich, the fashionable, and the aristocratic. It is easy for them to give money, and they do it; but they do more; they give their countenance, their time, and their personal efforts, for the purpose of raising means to help the poor, the needy, the sick, and the friendless. It is from their purses funds come, and from their influence and individual efforts plans are carried out, which eventuate the noblest charities of our time, the colleges, the homes, the asylums, the hospitals, which nurse the sick, which care for the insane, which shelter the unfortunate, which feed the hungry, and guard and guide and cherish the forsaken and the motherless; and it is to those who keep the "fatherless" that the inspired page awards the meed of citizenship in heaven.

VALUABLE lives are often thrown away, lost, through ignorance of some of the simplest truths in nature, or errors of judgment in matters where error becomes a crime. Some of the best, wisest, and greatest men of our race have perished from the world, in consequence of what might be considered a carelessness, a recklessness, or an ignorance, which is amazing, as found in minds like theirs.

WHEN the masses have received the benefits of a public school education, and when the heart has been so influenced by the claims of conscience and of duty as to make men willing to deny themselves all bodily indulgences, then may we expect wise lives on the part of all, leading to high health, great efficiency, and general usefulness; for when the brain and the heart are properly educated, there will follow wisdom, temperance, a long and healthful life, and universal thrift.

MILLIONS of money are spent every month in the purchase of transient and trashy novels; all classes join in this expenditure, and yet, when a dollar or two would purchase reading for an entire family for a whole year, which shows how to maintain health, and how to avert disease, bodily, mental, and moral, for a life-time, the expenditure is considered one of the things which can be dispensed with without inconvenience. So much the better for doctors, who profit by the negligence or stupidity to the amount of a hundred million of dollars every year, in the United States alone, besides another hundred million to druggists, and more than another hundred million for quack medicines, such as molasses and water, opium, colored soap-suds, and the like.

By all means, reader, hear Mark Twain, or read his book. He will give you laugh enough to keep you in vigorous health for a long time to come.

IF you are eating, and find that you have had enough, and don't want a mouthful more, why in the world don't you stop? There's not a pig, or puppy, or poodle in existence that hasn't sense enough to stop eating when he's got enough. Your brother, the donkey, does it. Don't you see, reader, you are more than a mule? Ain't you ashamed of yourself for doing such stupid things, and putting yourself beneath the brutes which perish?

It is bad enough to be poor; it is worse to be in bad health; but to be old, poor, and sickly, is terrible. Hard enough it is for the great multitudes to get along in the world, even when in the full enjoyment of bodily vigor, but to enter on the strife for bread under the crushing influence of poverty and disease, is terrible to think of; and to avoid calamities so great, let every one read the Bible with greater care, and practise more assiduously its lessons of wisdom and truth, for in this practice there is length of days, honor, and peace in the life that now is, and in the world to come, life everlasting.

A GREAT cause of death in spring-time is over haste in removing winter clothing; the thickest flannel of mid-winter should be worn by all, without any change to a thinner material, until the middle of May.

It is the care of to-morrow, the gnawing, corroding anxieties for the future, which eat away the health and life of multitudes.

MARRIAGE is the natural state of human kind. There never can be lasting good health without it; it is an impossibility, except combined with criminal practices. A person may live in good health to the age of twenty-five, but if marriage is deferred beyond that, every month's delay is the eating out, more and more, the very essence of life, and the worm of certain disease and premature death burrows the more deeply into the vitals. On the other hand, marriage not later than twenty-five prolongs life.

THE humble and consistent looking upward for the gratification of our desires, the satisfaction of our wants, and that aid which comes from above to enable us to perform properly all the duties of life, is a religious obligation.

MAN is the only animal that drinks without being thirsty.

IN the night-sweats of consumption, or of any debilitated condition of the system, a woollen flannel night-dress is immeasurably more comfortable than cotton or linen, because it prevents that sepulchral dampness and chilliness of feeling, which are otherwise inevitable.

THE most all-pervading cause of the increased sickness and death in cities in warm weather, is the breathing of an impure, a vitiated atmosphere. The most uncultivated know that there are "smells" connected with places in summer, which are not noticeable in winter. Many persons aim to have the rats about the house killed with poison, before the warm weather comes on, so as to avoid noisomeness about the premises. Hence, it must be set down as a practical fact, that warm weather generates odors which make the air impure; the breathing of which will always induce disease sooner or later, and more or less fatal, according to the degree of impurity and the duration of exposure to it. As double the number of persons die in the crowded parts of the city compared with less condensed districts; and, as the poorer people are, the more crowded are their habitations, and poverty, filth, squalor, and uncleanness go together always and everywhere, it is proof positive that hot weather acting upon unclean habitations and surroundings, and thus vitiating the atmosphere, is the great overshadowing cause of the premature death and wasting sickness which pervades cities in summer time. The practical inference is, that to prevent much of these calamities, all that is necessary is to secure a greater degree of cleanliness in person, in the houses, cellars, kitchens, back yards, streets, and gutters.

THAT parent is guilty of a criminal negligence who does not always see to it that each child enters the church and school-house door with feet comfortably dry and warm. Grown persons, of very limited intelligence, know that, as to themselves, damp feet endanger health and life, however robust; much more so must it be to the tender constitution of a growing child.

No case is remembered in the practice of nearly forty years, where malt liquors, wines, brandies, or any alcoholic drinks whatever, have ever had a permanent good effect in improving the digestion. Apparent advantages sometimes result, but they are transient or deceptive. If there is no appetite, it is because nature has provided no gastric juice; and that is the product of nature, not of alcohol. If there is appetite but no digestive power, liquor no more supplies that power, than would the lash give strength to an exhausted donkey. If torture does arouse the sinking beast, it is only that it shall fall a little later into a still greater exhaustion from which there is no recovery; so with the use of liquor and tobacco as whetters of the appetite, when at length the desire for the accustomed stimulus ceases, and the man "sickens;" there is no longer a relish for the dram and the chew, and life fades apace, either in a stupor from which there is no awaking, or by wasting and uncontrollable diarrhœa.



BLESSED is the ordainment that man should live by the sweat of his brow.

REASONING from the analogy of the animal creation, mankind should live nearly a hundred years; that law seeming to be, that life should be five times the length of the period of growth; at least, the general observation is, that the longer persons are growing, the longer they live, other things being equal.

DIVERT the mind in time of trouble; don't brood over misfortunes, nor indulge in melancholy meditations; gloat not over gold; never allow your reflections to become inseparable from any one subject. When you find that you "can't sleep" from the mind running on a particular subject, remember that you are rapidly preparing for the mad-house; and in proportion as any one idea absorbs the brain, in such proportion are you courting insanity. Cultivate a cheerful, an uncomplaining, a genial frame of mind. Look on the bright side of things; take hold of the smooth handle; and above all, be moderately busy to the last day of life in something agreeable and useful to yourself and others.

THE experienced practitioner well understands that the habitual taking of any efficient medicine is the certain road to a premature and very often a violent or agonizing death.

It is a dreadful thing to be old and poor, and have no home; but there is a deeper depth of human calamity than this—it is to have, in addition, an old age of wasting, wearing sickness, which is often superinduced by that constant depression of mind which attends the consciousness of being alone, friendless, and in want. One of the very best means of avoiding an old age of destitution and bodily suffering is to cultivate while young all the benevolent and generous feelings of our nature, never by any possibility allowing any opportunity pass of befriending a fellow-traveller, as we are passing along life's journey, for sooner or later the reward will come, the reward of a happy heart, and oftentimes a comfortable provision for declining years.

No one ever stammers in singing, because the attention is divided between the music and the sentiment.

Pigs, puppies, and babies are the better for being well washed every day; but for persons in general to undergo such an operation, as regular as the morning comes, is absurd and hurtful. Absurd, because unnecessary, and no man ever did it for a lifetime; hurtful, because multitudes who commenced the unnatural practice, have abandoned it from the conviction that it had an unfavorable effect, or that they ceased to be benefited by it.

THE undoubted cause of the remarkable diminution of sickness and death among children in charitable institutions, can be from nothing else than the perfect cleanliness of these establishments, plainness of food, and regularity in eating and sleeping; a most suggestive statement to every parent.

THOSE who are "well to do in the world" live about eleven years longer than those who have to work from day to day for a living. Remunerative labor, and the diffusion of the knowledge of the laws of life among the masses, with temperance and thrift, are the great means of adding to human health and life; but the more important ingredient, happiness, is only to be found in daily loving, obeying, and serving Him "who giveth us all things richly to enjoy."

DIPHTHERIA is not inoculable; prevails in every climate, in all seasons, and is equally at home in the princely mansions which line the spacious and well-cleaned street, and in the houses of stenchy courts and contracted alleys. It has no fixed course, may recur any number of times, but only fastens on the scrofulous, or those whose constitutions are impaired, or have poor blood; the immediate cause of attack being the breathing of a faulty or defective atmosphere.

WE should demand nothing which costs another unnecessary trouble or pain.

IF you want to get rid of a troublesome and unprincipled acquaintance, without offending him, lend him five dollars.

MAKE the Bible your companion, your counsellor; keep it always in easy and convenient reach; and learn to be satisfied in its fulness, to find in it a safe guide, a friend in need, and an able physician.

WE should guard against cherishing depressing feelings; and with as much care, should habituate ourselves to self-control; to the habit of looking at everything of a stirring or harrowing character with a calm courage; we should strive at all times for that valuable characteristic, "presence of mind," under all circumstances, for we are every day in great need of it; it is, in many cases, a literal "life preserver."

THE man who "forces" his food, he who eats without an inclination, and he who strives by tonics, bitters, wine, or other alcoholic liquors, to "get up" an appetite, is a sinner against body and soul — a virtual suicide.

THE city should marry the country; the black-haired the blonde; the bilious temperament the nervous; the fair-skinned the brunette; the stout the slender; the tall the short. To marry each its like, is to degrade the race.

HE who would be uniformly happy, who would pass the greater part of his time in a state of mental pleasurable-ness, must be healthy, well-to-do, and moderately busy.

A PARTIAL wetting of a garment is more apt to induce an attack of rheumatism, than if the entire clothing were wetted; because, in the latter case, it would be certainly and speedily exchanged for dry garments. The very moment a garment is wetted in whole or in part, change it, or keep in motion sufficient to maintain a very slight perspiration, until the clothing is perfectly dried.

By all that is sacred in a holy human life, we urge the reader, when he or any of his are ailing in any way whatever, to do one or two things: either do nothing, and let Nature take care of herself, or consult your family physician, who, if educated to his profession, will take an interest in you beyond any stranger; or, if he sees the case is beyond his skill, will frankly acknowledge it, and will take pains to turn you over to some man of eminence and acknowledged ability.

A CELLAR which opens inside a dwelling should be kept as faultlessly clean all the year round as any other part of the house, because its atmosphere is constantly ascending, and impregnates every room in the house with its own odors. In reality, there ought not to be any cellar under any dwelling.

THERE are a multitude of advertisements of books and remedies in reference to "nervous debility," as it is called. For a purpose, we once sent a few stamps for an infallible receipt for consumption, or some other ailment. The answer came that it was the "Indian Plant, growing at the foot of the Rocky Mountains; and that it had to be gathered in August, otherwise it had no virtues." As it would cost something to go to the Rocky Mountains, and it was then December, and, in addition, no description was given of the "Indian Plant," and as there might not be any Indians at the foot of the Rocky Mountains, after we got there, to point out the "Indian Plant," we were in a quandary; but the whole set of almost insuperable difficulties were vanquished in a moment by the announcement that the advertiser had some of it on hand at two dollars a bottle. It should be remembered, that there is only one remedy for the class of ailments referred to—rest for the parts implicated; that is, abstinence, temperance, and a building up of the general health; not by tonics, but by a plain diet and a constant employment in out-door activities. Another heartless swindle and imposition in this direction is, that the very state of things which proves the vigor of the system is artfully presented as a symptom of decline.

It is a bad plan for unprofessional people to read medical books, it first befogs and then befools.

IN going to the country to spend your summer, leave business behind, but take with you your entire stock of patience, courtesy, self-respect, and religion. Go as plain "John Smith, gentleman."

GOOD teeth, good looks, and good health are inseparable. Ill health destroys the teeth; unless food is chewed well, the horrors of a life-long dyspeptic are inevitable. The handsomest face in the world is marred, fatally marred, by a snagged tooth. The time to lay the foundation for a set of sound, solid teeth is when the child first begins to eat bread.

LET a man feel that the truest way of living for himself is to live for others; that the best way to serve his Maker is to "make it his meat and his drink," his highest aim, to benefit and bless mankind habitually by such acts of kindness and charity as it is in his power to perform, consistent with the other duties of life. Then the earthly pilgrimage will have a very different ending; for as he enters upon immortal scenes, he exclaims, like him of old, "The time of my departure is at hand; I have fought a good fight, I have finished my course, I have kept the faith; henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous Judge, shall give me at that day; and not to me only, but unto all them also that love his appearing."

IF you have the first claim to being well bred, you will be the last person in the world to volunteer any information on the subject. If it must be told, let it be by your conduct; let your entire deportment prove that you are a lady or a gentleman.

MANY a fellow's repentance begins, not with the commission of the sin, but on the instant of his being found to have been a sinner.

THE fear of poverty has made many a rich man go mad. But the hardest worked slave is seldom deranged, because he has no abiding sorrow—no concern about to-morrow's bread. His labor is mechanical, and the moment it is over he dismisses all thought of toil, the mind runs home to his little hut, to his supper, and the other animal gratifications of his position, and his sleep is infinitely sweeter than his master's.

SUDDEN changes of weather are the immediate cause of the sickness and death of multitudes; hence all persons owe it to themselves to study, to some extent, the portents of the heavens, from their own observation, as to the localities in which they live, paying but little attention, and relying not at all, on the signs of the weather, as read in books or detailed by others. Rules for farming and weather signs are proverbially uncertain and conflicting, arising from the one cause of applying observations of one locality to those of another.



SONS have often inherited the wealth of their fathers, even to the third and fourth generation. The same principle holds good as to our physical nature, that a life of temperance, and industry, and moderate ambitions secures to children, even for several generations, a robustness of constitution, a vitality, a physical power, which may well be the envy of a multitude of the sick, and diseased, and effeminate in every grade of society. Children who see daily in their parents the practice of all that is gentle, and lovable, and courteous, and kind, will seldom fail, without the necessity of direct teachings on these subjects, to acquire the same traits of character ; and the example lives, and has its influence and power for good, long after the parents have passed away. If parents want their children to grow up and inherit their own robust health, strength, and length of life, it must come, not so much by birth and blood, not so much by precept, and command, and reason, but by the daily exhibition of a calm, quiet, busy, temperate life on the part of their parents, carried out daily, habitually, and persistently by living examples. Conduct is the great, efficient teacher, not precept, not theory, not idle profession.

PORTER and beer fill up the stomach, and seem to make persons fleshy ; but there is but little nutriment, and great bulk ; great beer-drinkers are never strong ; are puffy.

EVERY wife and mother owes it to herself, her husband, and her children, as well as to society at large, to prevent waste in every department of the household, whether provisions are cheap or dear, whether the husband is rich or poor; for waste is a crime against humanity, an insult to the bounteous "Giver of all things." On the other hand, a true economy is one of the wisest and most ennobling of domestic virtues.

IN all cases where there is a fireplace in a room, it should by all means be kept open.

PERSONS have poor blood when it is observed that scratches, and cuts, and bruises are a long time in healing, and this should be a friendly warning to correct that condition of things, because it shows there is but little vitality, little stamina, and disease of some kind is impending, especially of the typhoid type, and recovery will be slow, doubtful, and in many cases not possible.

ASTHMA. — A martyr to this terrible disease, which seldom kills any one dead, yet makes its victim die a thousand deaths, will be glad to know of any alleviant. A simple change of air, from moist to dry, from the city to the prairie, from plain to mountain, or the reverse, has been known to be beneficial. Persons ascending the mountain heights of Cornwall, on the Hudson, near West Point, have had striking relief within a few hours.

It is a bad plan to begin the day in a fret, for it will be a day of happiness lost.

MANY a man and woman owe an untimely death to damp feet in winter time. This is very generally admitted, and many methods have been proposed to prevent it. In wet weather, or when the snow is melting, the India-rubber shoe is the most perfect article offered; some prejudice has been excited against them, more than anything else from the unwise use of them. They may be hurtful to some, but it does not follow that they are generally so. No one can be comfortable with cold, damp feet, and the very instant it is noticed, the person should begin to walk, or remove both stockings, and hold the bare feet to the fire until they are perfectly dried and feel comfortably warm. India-rubber overshoes should be worn only when the person is walking; as soon as the walk is ended they should be removed. They certainly ought not to remain on the feet ten minutes if the person is standing still in the house after a walk.

It is a bad plan to consult divers doctors at one time.

If you eat to-day, while idle and the thermometer at sixty, as much as you did yesterday, when it was at zero and you worked hard, you will certainly be sick to-morrow.

PHYSICIANS are very frequently brought in communication with persons who, from some whim or caprice, have adopted modes of life the very reverse of what an intelligent judgment would have dictated.

THE physician who understands his calling is always on the lookout for the instincts of nature; and he who follows them most, and interferes with them least, is the one who is oftenest successful. They are worth more to him than all the rigmarole stories which real or imaginary invalids pour in upon the physician's ear with such facile volubility.

A GREAT cause of dyspepsia in ministers, is eating too soon after preaching. For two or three hours the tide of nervous energy has been setting in strongly towards the brain, and it cannot be suddenly turned towards the stomach; but the mental effort has occasioned a feeling of faintness or debility about the stomach, and a morbid appetite; and if food is taken at all largely, there is not the nervous energy there requisite to effect its digestion, for the brain will be running over the discourse; you may bring the mind back to the eating for a moment, but before you are aware of it, it will be laboring at the discourse again; every public speaker knows this, and the food lies there like a weight or a lump for hours.

THE best disinfectants are those which cost the least, are most easily applied, and which cause the least inconvenience to the health, or the textures to which they are applied. If a disinfectant corrodes metals, stains garments, disfigures furniture, or is poisonous when outwardly applied or swallowed, it is comparatively valueless.

IF a man were to say to me that the moon was made out of a monkey, I would say nothing, and let him have his own way; either, first, because "he was a fool, and had no sense," or, second, that he knew better, and wanted to provoke argument; and I have seldom found argument upon any subject, especially on politics or religion, either profitable or agreeable.

THE practice of medicine consists in knowing what is the matter, what is needed, and what will accomplish the object. The first requires observation, the second judgment, the third experience, and he who possesses these in the greatest measure will always be the most successful physician, however great may be the intelligence or ignorance in other directions.

THE man who makes every day a feast of fat things, and sustains himself by never allowing alcohol to die out of him, except for a few hours in the after part of the night, must perish prematurely, and cannot beget healthy children.

THE "benefits" arising from the daily use of anything that can intoxicate is always fictitious, unreal, and deceptive, and sooner or later the cheat will be found out, by the system not only failing to be kept up, but going down to a point lower than that from which it started, with the attendant ill results of its greater inability to rise, and its greater inability to repel the attacks of disease or the ill effects of deleterious agencies.

WHEN a person has been kept from eating several hours beyond his usual time, instead of eating fast and heartily, he should take his food with deliberation, and only half as much as if he had eaten at the regular time. Sudden and severe illness has often resulted from the want of this precaution, and sometimes death has followed.

MANY men, who are so fortunate as to have no taste for liquor, have no difficulty in declaring that any man who takes daily a glass of wine or brandy can have no religion; and yet these same men will over-eat themselves three times a day, until the stomach, constitution, temper, health, all are ruined, and the remainder of their days are spent in scribbling sickly sentimentalities for other people.

THE memory, like a true friend, is made the firmer by being trusted; noting down trifling things, is the very way to destroy what remnant of memory you have.

WE aim to show how disease may be avoided, and that it is best, when sickness comes, to take no medicine without consulting an educated physician.

PHYSICAL cleanliness, and moral purity, and elevation of character have a close connection; while tidiness in dress has a strong alliance to strict justness and fitness of action.

GREAT eaters never live long. A voracious appetite, so far from being a sign of health, is a certain indication of disease. Some dyspeptics are always hungry, feel best when they are eating, but as soon as they have eaten they enter torments, so distressing in their nature, as to make the unhappy victim wish for death. The appetite of health is that which inclines moderately to eat, when eating time comes, and which, when satisfied, leaves no unpleasant reminders.

REAL business men, shrewd and keen-sighted, care very little about letters of recommendation from anybody, knowing that human nature is very accommodating in giving what costs nothing more than writing a few well expressed sentences. They know that truth lies in things, not words; in what they see, rather than in what they hear. A youth would not get a clerkship with the recommendation of every Governor in the nation, if he entered a counting-room with a cigar in his mouth, a cane in his hand, and a diamond ring on his finger.

IF children are taught to eat slowly, in loving good nature, — as will be the case if they are let alone by their parents, and not put in an ill humor by incessant reprimands and innumerable rules and regulations about a hundred and one contemptible trifles, — they may generally be allowed, for breakfast and dinner, to eat as long and as much as they want, if all the hard food is cut up carefully with a sharp knife into pieces not larger than a pea. This should be conscientiously and always attended to by one of the parents, for it cannot be safely intrusted to one hireling out of a million; parental affection only will do it as it ought to be done.

MANY a young man, many a young woman, has taken the first step towards degradation, and crime, and disease, after ten o'clock at night; at which hour, the year round, the old, the middle-aged, and the young should be in bed; and the early rising will take care of itself, with the incalculable accompaniment of a fully rested body and a renovated brain. We repeat it, there is neither wisdom, nor safety, nor health in early rising in itself; but there is all of them in the persistent practice of retiring to bed at an early hour, winter and summer.

AMUSEMENT is as much a necessity to the mind as food is to the body. The mind is vivified by pleasurable recreations as much as the body is sustained by a nutritious diet.



WHATEVER begets pleasurable and harmless feelings, promotes health; and whatever induces disagreeable sensations, engenders disease.

No man was made to be a loafer; it is a crime against one's self, a crime against society, a crime against the Merciful One, who has enacted the universal law, "In the sweat of thy face thou shalt eat bread," with the added injunction, "Be diligent in business."

A BEAUTIFUL singer delights a whole assembly; a beautiful reader not only delights, but instructs. A fool may sing divinely; but a good reader must possess mind. Let the parents, then, whose daughters have no taste for music, no ear for song, but who have hearts and intellects worthy of any man, give them a chance of showing what they are made of, a chance of making their way in the world, of cultivating the habit of reading aloud with care, grace, and understanding, and thus put it in their power of bearing their part in the entertainment of any company into which they may be thrown.

If a man in good health has not eaten anything for some days, he will die if he eats heartily. When persons are found in an almost starving condition, light food, in small quantities, and at short intervals, is essential to safety.

THE more out-door air and cheery sunshine a man can use, the longer he will live.

THE greatest hinderances to the spread of religion is the want of a clearer line of demarcation between those who are in the church and those who are without it, and that we have no right to hope for a rapid diffusion of Christianity, except in proportion as its true friends stand out from the world in beautiful distinctness in their practices, in proportion as they tower above it by the purity of their principles and the sternness of their integrity. The brightness of their example should extend to their whole life, not in theory merely, but in practice; not in one thing, but in all.

THE benefit of exercise consists in knowing the how and the when.

It ought to be remembered by all, that it is far safer and much less disastrous to breathe any ordinary bad air, if warm, than to be in the purest air on the globe, if it is cold enough to cause a general chilliness, or a partial feeling of cold for a very short time, such as on the back, neck, throat, or any other susceptible part. Children should not be allowed to sit for five minutes with their backs to a register, stove, or fire, nor to stand over registers for a moment, nor to sit near one for any length of time; and in cold weather they should be made to bundle up before leaving the school-room, and be counselled to run home, and not delay a single moment on the way.

It is slow, steady, continuous labor which brings health, and strength, and a good digestion. Fitful labor is ruinous to all.

THE mishaps of life are the result of ignorance, carelessness, or wickedness of ourselves or others; we should in every case seek out the specific cause, and if in ourselves, rectify it; if from the misdoing of others, endeavor to rectify it also; and if no human efforts can accomplish such a rectification, then, and not till then, is it a true heroism and a sterling piety, a genuine "resignation," to say, in loving confidence and hope, "Thy will be done."

WE should never forget that the immoderate use of any thing is destructive to human health and life if persevered in.

PERSONS sitting in a cold car for a time sufficient to allow them to get thoroughly chilled, will scarcely fail to suffer from an attack of some acute disease, in spite of a subsequent warming up by exercise or otherwise; while it is well known that persons may remain for hours in an apartment heated to a hundred degrees and over, without any permanent discomfort, if they are careful to cool off slowly.

THE benevolent live long, healthfully, happily, and in honor; the selfish, the wicked, shall not live out half their days.

NEVER eat without an inclination.

THOSE who are wise will take no tonics for the spring, will swallow no teas to purify the blood, nor imagine themselves to be about getting sick, because they have not in May as vigorous an appetite as in December, but will at once yield themselves to the guidance of the instincts, and eat not an atom more than they have an inclination for, to the end of a joyous spring-time and a summer of glorious health; while those who will eat, who will stimulate the stomach with tonics, and "force" their food, must suffer with drowsiness, depression, and distressing lassitude; and while all nature is waking up to gladness and newness of life, they will have no renovation and no well-springs of joyous and exuberant health.

No man should be less careful of himself than of his horse. And if a strong horse needs more covering after exercise, in order to protect him from a sudden and fatal disease, much more so does the weaker but nobler man.

INACTIVITY is destruction throughout the universe of things. The human body as a whole, or as to any one part, is no exception to that boundless law. The unused arm dwindles to skin and bone. The unused lungs soon weaken, then rot away. The brain comes within the universal law of our physical being, and if unused, perishes before its prime, either in whole or in part.

THE best position after eating a regular meal is, to have the hands behind the back, the head erect, in moderate locomotion, and in the open air, if the weather is not chilly. Half an hour spent in this way after meals, at least after breakfast and dinner, would add health and length of days to women in easy life, and to all sedentary men. It is a thought which richly merits attention.

THERE is no disinfectant universally applicable. But it may be truly said that the best plan, and one which every clean, tidy, and sensible person would instinctively adopt, is to remove all causes of disagreeable or unhealthy odors; disinfectants should only be used when that is impracticable.

THE real source of ninety-eight per cent. of the crime of a country, such as England or the United States, lies at the door of the parents. It is a fearful reflection; we throw it before the minds of the fathers and mothers of our land, and there leave it, to be thought of in wisdom, remarking only as to the early seeds of bodily disease, that they are nearly in every case sown between sundown and bedtime, in absence from the family circle, in the supply of spending-money never earned by the spender, opening the doors of confectioneries and soda-fountains, of beer, tobacco, and wine, of the circus, negro minstrel, restaurant, and the dance.

CHEERFUL conversation prevents rapid eating.

WOMEN are not required to stand in prayer ; it is physiologically hurtful ; they should sit or kneel.

IT is a great mistake, and an almost universal one, that sudden changes from one temperature to another are prejudicial to health. If persons will close their mouth, and send all the air to the lungs through the circuit of the head, and thus temper it to the air of the lungs, a positive benefit will result, although there may be a change of forty degrees in a second of time ; only one precaution is needed — shut your mouth, and keep moving. The proof of all this is, railroad conductors are healthy men, as a class, and yet their changes are fifty degrees hundreds of times in a day.

MANY persons measure their wisdom by the amount of incredulity which they can exhibit.

OUR manufactories are nearly all disgraceful to their owners and architects in regard to ventilation. They are often divided into rooms less than ten feet high, each thickly stowed with human beings, who breathe, work, and sweat in an atmosphere overheated, and filled with grease, wool or cotton waste, leather or cloth, and the poisonous refuse expelled from human lungs, which together are enough to incite a plague, and are in fact the primary cause of nearly all the fevers, dysenteries, consumptions, &c., by which so many graves are peopled.

NEVER read or sew directly in front of the light, window or door.

GREAT students have great appetites. Hard study makes a healthy man as hungry as hard work. The employment of the brain, hard thinking, exhausts a man's strength as certainly and completely as any form of bodily labor. Girls, boys, and young men at school, academy, or college are always ready to eat something, and can eat almost anything for a while after they have entered upon their studies.

FLIES have a perfect antipathy against clean houses. Flies revel in filth, the world over.

NINE tenths of those who are rich to-day, began married life poor, relying on themselves alone; while their coevals, who leaned on "rich relations," or married a wife whose "father" wasn't "in heaven," — hence lived to fail in business, leaving nothing behind him but his debts, — have been civilly and socially, if not physically, dead many years.

THE instant you are burned or scalded, place the part in cold water; this gives perfect relief in a second; then get some flour and cover the burned part completely, and let it remain till it gets well.

NEVER go to sleep, especially after a great effort, even in hot weather, without some covering over you.

VENTILATION is a subject which should be understood by every human being, not only that man may apply it to himself, but also to the domestic animals, for their well-being is in a sense very intimately connected with our own; hence duty and humanity demand our attention to the subject; and if for the brutes that perish, much more for our servants, and, above all, our children.

AVOID fats and fat meats in summer, and in all warm days.

No wise man would experiment on his own body, and health, and life, on the loose statements of anonymous newspaper writers.

THERE are some men who look as if they had never smiled; there is a pitiful sadness, with an unmistakable expression of feature, a kind of hopelessness, as if they were kept under all the time at home. They do not exactly die; it is a great pity they did not; they seem to have got used to it, and settled down in a state of sorrowful submission; they had not sense enough to maintain their liberties, nor energy enough to run away when everything was lost. There are other men, brave, indomitable; who live above the present; who, having found themselves "in a fix" by having made a grand mistake in marriage, have made a virtue of necessity, and have proudly determined to endure to the end of the chapter.



MANY an excellent receipt becomes worthless in the hands of those who try it, in consequence of not making the experiment fairly.

WE take up a dollar, coined in the infancy of our republic ; the man who moulded it has been dead for half a century. And yet, how many throbs of gratification has it excited, as it has been laid in the hand ! and how many a hungry mouth has it fed ! and yet it is as good as ever, and may continue to gladden the joyless and feed the hungry for a hundred years to come. But there is a remarkable difference between a good idea and a good dollar. The dollar is always received with pleasure ; but it is parted with with a pang. But a good idea, well coined in words, gratifies him who gives as well as him who receives. One sterling truth, clothed in words of vigor, keenness, or sweetness, spoken or printed, passes from mouth to mouth, from paper to paper, from page to page, and will happily a million hearts. The dollar can be used by only one at a time, and but at one place in the same instant ; but the mental coin, by the art of all arts, can be used by multitudes, in all lands, at the same instant, distilling its sweetness on both giver and receiver everywhere, to be perpetuated for generations yet unborn.

FEAR will excite a deadly attack of cholera in a few hours.

A SINGLE teaspoonful of vinegar in each glass of water will effectually prevent any ill effects from using the water of limestone localities by those accustomed to other kinds of drinking-water.

WHAT a grand thing it is to have an unwavering faith in every word, and syllable, and letter of the sacred Scriptures ! to feel that they are nothing less than the utterances of the great Father of us all, to comfort, and guide, and cheer, and sustain in all life's pilgrimage !

IN any company of a dozen persons if one complains of anything, from the scratch of a pin to a cancer, enough remedies will be volunteered in five minutes to kill a regiment of common men — advised, too, with all the confidence that it is possible for ignorance to possess.

MODERATELY hot bread is not injurious, but is positively beneficial.

NEARLY all our Presidents have been men of vigorous health, of hardy constitutions ; this is instructively suggestive of the connection there is between high health and the ability to achieve the distinctions to which these men arrived.

THE general laws of mind are alike all over the world, whether in hut, or palace, or poor-house.

No medicine that any man can take in health will protect him from disease.

THE first necessity of a boil, or sore, or wound, is to keep it moist; that keeps down inflammation, pain, mortification, and death. To do this, a plain milk-and-bread poultice is the best, being accessible, simple, and safe — to say nothing of the advantage it has over many others, that it may be so readily re-moistened, and thus cleaned off.

WE earnestly advise young men to let the character of the mother have a large influence in determining their choice of a wife — a choice which makes or mars the lot of life, and often moulds the destiny beyond.

MAKE virtue feel that it is encouraged, and vice that it is frowned upon. Let justice and truth be exhibited in every act of life.

MANY a person has dropped dead at the pump, or at the spring; such a result is more certain, if, in addition to the person being very warm at the time of drinking, there is also great bodily fatigue.

ALL locomotion should be avoided when the bowels are thin, watery, or weakening.

FORTUNATE are they, who, while they are living, can witness the fruit of their good doings, and are further rewarded by evidences of a grateful appreciation on the part of those for whose benefit they live and labor.

FOR those who cannot sleep from the unsatisfactory condition of their affairs; who feel as if they were going behindhand; or that they are about to encounter great losses, whether from their own remissness, the perfidy of friends, or unavoidable circumstances, we have a deep and sincere sympathy. To such we say, Live hopefully for better days ahead, and meanwhile strive diligently, persistently, and with a brave heart to that end.

THE safest and best method of getting rid of biliousness is steady work in the open air, for six or eight hours every day, working or exercising to the extent of keeping up a gentle moisture on the skin; this moisture conveys the bile away out of the system; the same result will be accomplished, but not so well, by a good steam bath, or by wrapping up in bed, drinking hot teas, thus "getting up a perspiration," but the atmosphere of the room should be pure, and the diet for several days should consist of coarse bread and fruits. Medicines which "act on the liver" will do the same thing, but they should be advised by the physician, when other means have failed.

IT may be a more potent and convincing argument against the pestiferous effects of furnace heat, at least in the minds of some, that it ruins the furniture and wood-work of all buildings into which it is introduced.

WHETHER a man kills himself with whiskey, or tobacco, or food, the crime is the same. A man is equally a suicide, whether by drinking, smoking, or gluttony. Excessive smoking, excessive drinking, excessive eating, are the results of an abandonment to an animal appetite, to an animal indulgence; such indulgence is beastly, it is ignoble, it is pitiful.

FEEBLE persons will be benefited by hot drinks, because they warm up the body, excite the circulation, and thus promote digestion, if taken while eating, and not exceeding a cupful.

LET those who are starting out in life, stand on their own bottom: if they start upon the race on an even footing with others, and win their way by the power of their own right arm, then they will have the proud consciousness through life that they have made themselves what they are, and that they owe their success wholly to themselves. Such a feeling is, of itself, worth a small fortune, and is more enduring, because it may be pleasurably drawn upon without diminution to the end of life.

SICK headache is almost always attended with cold feet, and the failure of a daily action of the bowels; and there is no permanent cure without the rectification of these.

THE want of facilities for exercise, is the great trouble with clergymen.

THE remedies for cough, cold, and consumption are innumerable, the combinations of ingredients are infinite; but if the reader is observant, not one in a hundred will there be which has not opium in the form of paregoric, laudanum, or morphia, giving water on the brain every year to multitudes of children, and apoplexies, or ruinous results to the digestive organs of adults.

FORCING food, that is, eating when you are not hungry, is a wicked waste, is fighting against nature, and puts you below the level of a brute, for brutes never go against their instincts.

THE great man owes his sufferings more to hard eating than to hard study; more to the filthy habit of postponing Nature's calls than to overwork; and hence merits our contempt more than our sympathy.

DRESS substantially; better to be hot for two or three hours at noon, than to be cool for the remainder of the twenty-four.

AN injury done to any part of the body may be resisted, or if not, may be repaired by the curative energies of nature; but if these injuries are frequently repeated, the strength of nature is exhausted in endeavoring to make repairs; then she remains prostrate and powerless, and disease has unbridled sway.

IT is a barbarism to compel children to eat fat meat, or lean meat, or any other article of food for which there is not only no relish, but an unconquerable antipathy. The instincts of a child should be respected, because they are implanted in its very nature for its well being, as in the animal creation. You might as wisely try to make a kitten eat white beans, or compel a chicken to drink salt water. Never war against the instincts of the child; lead rather than drive; persuade rather than punish; convince rather than convict; lose your right arm rather than take advantage of its unresisting helplessness; bear rather than beat; remembering that, "of such is the kingdom of heaven."

THE best insurance is a temperate, rational life, with the immense advantage, that the insured, in this case, lives to enjoy his policy, instead of its being done by the husband of his widow.

THE thinnest gauze of our stores, when thrown over the face, exposed to a keen, bitter wind, affords a degree of relief scarcely credible from so frail a material.

As nothing gives the body more enduring strength than plain, substantial meat and bread, so the intellect and the affections are strengthened by the exercise of those real benevolences which every-day life, in cities especially, so loudly call for.

WE estimate people from what we see.

WITHOUT a full and free exposure to out-door air, regardless of all weathers, no case of consumption ever has been cured; while with it, and it alone, many cases may.

BAD teeth induce dyspepsia, from insufficient chewing of the food; they also corrupt the breath, and are frequently the cause of serious and distressing disease; while good teeth not only beautify the face, but promote health and long life; hence, special care expended on their preservation, will be repaid a hundred fold in the course of a lifetime.

To be in moderate circumstances, and take the world easy, is the true philosophy of life.

THE constitution of man adapts itself to all climates.

THE hardships which the human body can endure are incredible until seen, and when encountered without the use of spirituous liquors, leave the constitution as firm and as capable of new endurances as it was at the beginning.

IF a man is healthy and well-to-do, and is not busy in his calling, he will seldom fail to become dyspeptic, intemperate, or restless, and die prematurely. Hence, to have a life of sunshine, a man must live healthfully, must have a reasonably profitable calling, and must be busy and buoyant in the prosecution of it.



SYSTEMATIC temperance in eating and drinking is capable of shielding the human body from the pestilences of all climes, and from the fatal diseases of all latitudes.

THE hardships which great travellers are called to encounter, do, by their large exposure to outdoor air and daily bodily activity, consolidate the constitution, and make it more healthy, while the mental powers take their share of increased vigor and activity.

It is a truth, which should be kept sight of in all human maladies, that great Nature is our safest and wisest teacher.

IN all great undertakings, requiring persistent endurance of toil, and privation, and exposure, those are most likely to succeed who discard alcoholic drinks of every description, and make up their minds to the temperate indulgence of all the appetites.

GROWN persons who use sweet milk largely every day, invariably become bilious or constipated, unless steady, hard labor in the open air every day allows its use with impunity.

ALCOHOL has an affinity for the brain. Within an hour after a glass of brandy is swallowed, more of it is found in a given quantity of brain than in any equal quantity of blood.

THE history of all past times does not afford a single, solitary example of a man's repenting that he had had too much practical faith in the Christian religion, but multitudes that they had too little; so, no man who has lived a regular, temperate life to a good old age has ever professed a regret that he had not lived differently. And as the mistaken advocates of false religious systems have bitterly regretted their delusions in the searching ordeal of a dying hour, so, on the other hand, do the victims of animal appetites, and propensities, and unmatured notions pertaining to human well-being, deplore the folly which led them into plausible, untested, untried ways of living healthfully, happily, and long. Therefore, not more surely will that man attain "immortality and eternal life" who walks in the "old paths" of love to God and love to man, practically carried out in every day of his pilgrimage towards the tomb, than that those who "use this world as not abusing it," and its good things, will find a sweet satisfaction in the same as long as they live. Hence they are wisest who live in the temperate use and rational enjoyment of all the good things of this life.

HOPE is the highest remedy of the soul, the most efficient for the body.

STINGS and bites are often instantaneously cured by washing them in hartshorn or turpentine.

A STATE of labor is the natural habitual state of man; animal indulgences — incidental, occasional; and in proportion as this law is reversed, in such proportion does it tend to the extinction of the race.

NATURE is never cheated.

INTELLIGENCE is a great help to a man in bearing the difficulties and exposures of life, enabling him to survive hardships under which the uncultivated soon sink into the grave.

BETWEEN the opening of spring and the close of summer, looseness of the bowels is very prevalent. The employment of salted ham, broiled, two or three times a week, in warm weather, is a preventive, to a considerable extent, in persons of temperate, regular habits.

I CONSIDER it a statistical fact, that three out of four of all the clergy who are prematurely set aside as unavailable workers, are thus set aside in consequence of errors in diet.

HALF the girls have dyspepsia before they are seventeen, in consequence of their everlasting nibbling at everything in the house. The most natural and healthful times for eating would seem to be at daylight, noon, and sundown; the last meal being very light indeed.

THERE is no vice of the appetite which does not find advocates among otherwise respectable people.

LET everything that has the most distant resemblance to a contemptible whine, to a devilish fault-finding, to a brutal boorishness, and to a narrow-minded and degrading selfishness, be considered as emanations from that pit of darkness where fiends and furies dwell. Then shall light be in every family dwelling, cheerfulness in every face, and the twinkle of gladness in every eye; while every heart overflows with a joy so pure that even angels might envy its sweetness and its bliss.

THROAT-AIL is like a fire, the sooner you know of its existence the better; and like a fire, too, which seldom goes out of itself; so throat-ail seldom, indeed, gets well of itself, but burrows and deepens until it undermines the constitution, wastes away the health, and strength, and flesh, and finally fastening itself in the lungs, completes the wreck and ruin of the whole man.

THE abuse of medicine by the ignorant and unprincipled more than counterbalances its good effects in the hands of educated and skilful practitioners.

THE less it costs a man to live, the less laborious will be his life, the longer it will last, and the more genial and mellow will be his advancing years, and eventually, without an ache or a pain, he will dry up entirely, will evaporate, and leave this mundane sphere without a jolt or a jar.

THE whole system of female *fashionable* education is an abortion and a curse. Our daughters are not trained for wives, in the true sense of the word, but for ladies, for puppets, for dolls, for playthings.

SMOKING is a useless, expensive, selfish, and filthy practice; it leads to drunkenness in many cases, and it is rare to find a drunkard who does not smoke; the man who smokes every day is never safe from the gutter; and he who deliberately runs this risk has not the courage to avoid any other sink of moral degradation, were it not for the fear of being found out.

BOXING the ears is an inexcusable brutality; many a child has been made deaf for life by it, because the "drum of the ear" is a membrane, as thin as paper, stretching like a curtain just inside the external entrance of the ear. There is nothing but air just behind it, and any violent concussion is liable to rend it in two, and the hearing is destroyed forever, because the sense of hearing is caused by the vibrations of this drum, or "tympanum."

PEOPLE who have good health do not have pre-sentiments, which are really the offspring of idleness and gluttony, of an overloaded stomach, of a brain fed with bad blood; for that innumerable multitude who over-eat every day have neither good blood, good sense, nor a good conscience.

CHILDREN should be kept as warmly clad, at least until May, as in the depth of winter; they should not be allowed to remain out of doors later than sundown, when they should be brought into a warm room, their feet examined, and made dry and warm, their suppers given them, and then sent to bed, not to go outside the doors until next morning after breakfast.

MANY persons, especially clergymen, sometimes encounter exposures, which result in death, under an indefinable impression that their motives or their work will, somehow or other, secure them an impunity against their effects.

A CLEAN scalp and pure soft water are the best pomatums in the world for man or woman, boy or girl, young or old.

BLUE reminiscences are, for the most part, unremunerative. A hearty, whole-souled, wide-mouthed laugh is incomparably more healthful; it enlivens the circulation, mollifies the heart, and wakes us up to newness of life.

A MAN in pain does not want to be talked to—he wants relief, not words. If all could know, as physicians do, the inestimable value of quiet composure, and a confident air on the part of one who attempts to aid a sufferer, they would be practised with ceaseless assiduity by the considerate and the humane.

MEDICAL quackery brings on insidious diseases more destructive than those they attempt to cure. Moral and religious quackery will do the same thing.

THE medicine which we most unhesitatingly take for all the aches and ills that our flesh is heir to, which is uniformly successful, and which we almost daily recommend with the highest confidence, and which comes next in our esteem to the two great remedies of air and exercise, and which nobody but a doctor can be induced to take, except now and then a sensible man among a million, is the *tincture of time*. The reason of its want of proper confidence is, that it costs nothing and has no mystery about it.

If any one wishes to be aided in securing an habitual carriage of body in walking, they should accustom themselves to carry their hands behind them, one hand grasping the opposite wrist.

It is beyond dispute, that always and everywhere those who drink most of liquors in any shape,—beer, brandy, whiskey, or rum,—soonest give out, soonest get sick, and are slowest to recover.

LET it be remembered, that a clean garment has more warmth in it than a soiled one, and that a small hole or rent lets in a large amount of cold air, enough to occasion, in some circumstances, a life-long rheumatism.

FATAL forms of fever, loose bowels, and bloody discharges are often occasioned by a sudden check of perspiration from chilly winds or cold night air ; so when perspiring even a little, either keep in moderate motion, go to a fire, or put on an additional coat or blanket.

NATURE is like a perfect housekeeper ; she knows better what is wanting in her house than anybody can tell her.

“WHAT is good for the goose is good for the gander,” may have a certain amount of truth in it ; but what is good for a goose is not necessarily and therefore good for a jackass. Yet this is the line of argument used by many, and is sometimes found in books, and magazines, and newspapers in reference to health and disease. A man, for example, is sick of anything or nothing ; takes something, and soon gets well ; he has great faith in that medicine, and thereafter takes it for every ailment in his own person, and recommends it freely and confidently to any one who may be sick, without any special regard to the nature of the malady.

IF a child from two to twelve years old complains of a sore throat, and has a most offensive breath, send instantly for a physician.

MULTITUDES of fatal errors in relation to health and life are thrown upon the world from time to time by thoughtless or ignorant writers.



INTELLIGENCE is the best life-preserver. The largest city in the civilized world is healthier than its surrounding agricultural district. The aristocratic regiment of New York was gone a month or two to the war, and returned with the loss of but one man in eight hundred, and he died of heart disease, of long duration. Of some ninety persons who went to the army, in various capacities, from one church, no more died of all causes than among an equal number at home. These things seem to show that intelligence, especially connected with social elevation, is promotive of health; and considering that an active, out-door soldier's life works disease out of the system, especially where there is no addiction to social vices, there is good ground for believing that even with the addition of the casualties of war, there need not be any more deaths in a given time among a given number of men, than there would have been in the same men had they remained at home.

THE most positive people are the most ignorant, both as to matters of law and medicine.

TRUE natures ripen and strengthen in suffering; but it is that suffering which chastens and enobles—that which clears the spiritual sight; not the anxiety lest work should fail, and the want of daily bread. The beauty of suffering is not to be read in the face of hunger.

OF two persons having consumption, with apparently equal chances of life, the man who abandons himself to his fate, hugs the fire, and is afraid to stir out of doors lest he should take cold, inevitably dies in a short time; the other, having force of character, indomitable determination, and a truer philosophy, considers that life is worth striving for, that he can but die anyhow, and braving all winds and weathers, fights courageously against his malady, and lives to be an old man. So it is in some forms of paralysis, rheumatism, and other disablements, the exercise of a true philosophy is manifested in brave resolves to live down disease, to live above it, and by sheer force of will to break the spell which was thrown over the succumbing body; thus the mind may, and often does, become a power over human maladies more efficient than the most famed medicines of the apothecary.

THE grains proper of this country are not appreciated, as they ought to be, for daily food at our tables; these are Indian corn, wheat, rye, barley, and oats; they contain all the elements of nutrition necessary to the support of the human system, and if they could be used for two of the daily meals, as breakfast and supper, without anything else, there would be an incalculable advantage to the soundness of the teeth, the strength of the bones, the hardness of the muscles, the endurance of the body, and the vigor of the brain.

THE most common way to a premature grave, and one of the shortest cuts to that destination, is down a man's throat. There is a multitude, which no man can number, daily eating immoderately, thus sapping the constitution, and laying the foundation for innumerable ills and a too early grave. The wise man does it, and the fool; the virtuous and the abandoned; the kind and the cross, of all climes, are among the errorists. But there are some who are wise as to this point, and the number is increasing; the number of those who are men and women of force; who think for themselves, observe for themselves; who have vigor of intellect enough to compare causes and effects, antecedents and consequents.

HARD study does not of itself shorten life, but does of itself tend to increase the longevity of man. When hard students die early, it will be found that in some way they had fallen into the habit of violating some of the laws of nature, or began study with some inherited infirmity. The pursuit of truth is pleasurable; it is exhilarating; it is exalting, and promotes serenity. Of all men, natural philosophers average the longest lives. The great, the governing reason is, in addition to the above, that their attention is drawn away from the indulgence of animal appetites; their gratifications are not in that direction; hence they are neither gourmands, drunkards, nor licentious.

THE top of the head is most profusely supplied with blood-vessels, yet men grow bald there first, by keeping the head too warm ; also, and chiefly, by the prevalent fashion, for generations past, of wearing hard fur and silk hats, which, by their pressure all around the head, forcibly detain the blood from the top of the head : there is seldom baldness below where the hat touches the head. None of the writer's playmates are known to be bald at ages from forty to sixty-five ; it was the universal custom among them as boys to wear loose woollen hats, answering to the felt hats now in fashion. To prevent thin hair and premature baldness, first, keep a clean scalp ; second, never wear the hair on a strain, or against the direction of its growth ; third, never apply anything to it but soap-suds or pure water ; fourth, wear loose-fitting, soft hats ; fifth, let men and children always wear the hair very short, and both men and women should brush the hair a great deal, using only a coarse comb, which should touch the scalp only in the slightest manner possible.

HEADACHES in children should always be promptly attended to, as they indicate the approach of serious diseases, as scarlet fever, small-pox, measles, and other grave skin affections.

ALWAYS eat slowly and in moderation of well-divided food.

SEPTEMBER gives rise to more disease in town and country together than any other month of the year. It is fruitful in diarrhœa, dysentery, and fevers of every grade, from common fever and ague to the most malignant form of bilious, congestive, and yellow fever. The immediate causes of these maladies are the hot days and cool nights, in conjunction with the habits of the people. Few persons have hearty appetites in hot weather—our instincts are too wide awake for that; but we too often drown their wise, and steady, and gentle monitions in the clamor of the animal nature for stimulants, to whet up the appetite to hurtful and destructive activities.

IN all nature man is the biggest fool.

It will refresh us greatly if, on waking up of a winter's night, we get out of bed, throw all the clothing to the foot, and the next instant throw it back; this drives all the confined air away from the bedding, without allowing it to get very cold. In addition, the hands should be passed over the skin of the whole body two or three times. This operation is accompanied with a degree of refreshment and a feeling of purity on entering the bed again which more than pays for the trouble, and it is often a great sleep promoter, enabling a person to fall into a sound slumber in a few minutes, after having been tossing restlessly for hours.

CORNS are caused by too tight or too loose shoes, and sometimes in the bottoms of the feet by the wooden pegs protruding through the soles of the shoe, by the neglect of the maker to rasp them off sufficiently smooth. Medical books record cases where the injudicious paring of corns has resulted in mortification and death. The safest, the best, the surest plan is to never allow a corn to be touched with anything harder than the finger-nail. As soon as it becomes troublesome enough to attract attention, soak the foot fifteen minutes, night and morning, in quite warm water; then rub two or three drops of sweet oil into the top of the corn with the end of the finger. Do this patiently for a couple of minutes. Then double a piece of soft buckskin, something larger round than a dime, rather oblong. Cut a hole through it large enough to receive the corn, and thus attach it to the toe. This prevents pressure on the corn, which always aggravates it, and in less than a week the corn will generally fall out, or can be easily picked out with the finger-nail, and will not return for many weeks or months; and when it does return, repeat the process. No safer or more efficient plan of removal has ever been made known.

WE eat to live; and if we eat wisely of what He has provided who giveth us all things richly to enjoy, we shall live well, healthfully, and long.

BALDNESS among women is very much rarer than among men. Women's baldness is about the temples, that of man on the top of the head. It may be then inferred that one cause of baldness is keeping the head covered and heated, thus excessively stimulating the hair-glands by an unnatural warmth, and prematurely exhausting their power, and also by preventing the evaporation and escape of that effete matter, the continued presence of which is always death, in whatever part of the system it may occur. This is effectually done by the large quantities of grease and oil which our women plaster on the sides of the head and temples, the hair, dust, and oil making a coating over the temples almost as impervious as India-rubber, thus choking up the roots or glands and preventing the proper blood circulation; for it is the blood which carries nutriment to the hair.

It is a bad plan to eat "to make it even."

THE outer eighth of an inch of the potato contains more nourishment than all the remainder; hence it is a shameful waste to peel a potato with a knife, of which many of the poor are unfortunately ignorant, to their own great loss.

EPIDEMIC cholera is impossible under any circumstances in a pure air, or in a clean sandy plain, or in rocky mountain sides, because there is no vegetation there to decay.

THREE impossibilities : To over-estimate the greatness of redeeming love ; to over-estimate the joys which God hath prepared for those who love him ; to over-estimate the obligation under which we are laid to consecrate our time, our talents, our fortunes, and all that we have and are, to the promotion of God's glory and the happiness of our fellow-men. With such a consecration, no man has ever avowed, or ever can say, on a dying bed, that if he had his life to live over again, he would serve his Maker less zealously, and would do less for his country and his kind.

A PERSON should sleep in one garment, a coarse cotton shirt, and no more, without a button, or pin, or string about him. No one, who pretends to common cleanliness, should sleep in a garment worn during the day, nor wear during the day a garment in which he has slept. Any garment worn should have six or eight hours' airing every twenty-four hours.

THE habitual use of pills, or drops, or any kind of medicine whatever, for the regulation of the bowels, is a sure means of ultimately undermining the health ; in almost all cases laying the foundation for some of the most distressing of chronic maladies ; hence all the pains possible should be taken to keep them regulated by natural agencies, such as the coarse foods and exercise.



A ROOM, to be comfortable as a sitting-room in cold weather, should have a thermometer, five feet from the floor, and near the door, about sixty-five degrees; to go from such a room into a temperature forty degrees lower, in a moment, must be pernicious always, often dangerous, sometimes deadly. Hence, in the daytime, when there is a great deal of running in and out, it is safer to have fewer fires burning; but when the cold night sets in, and all the family are at home, the luxury of abundant warmth and light merits our deepest gratitude to Him from whom all our comfort flows.

THE exercise of the student should be regular, gentle, deliberate, always stopping short of felt fatigue. One hour's joyous walk with a cheerful friend in street, or field, or woodland, will never fail to do a greater and a more unmixed good than double the time in the most scientifically conducted gymnasium in the world. There are individual cases where the gymnasium is of the most undeniable benefit; but the masses would be the better for having nothing to do with them. A million times better recipe than the gymnasium for sedentary persons, is — Eat moderately and regularly of plain, nourishing food, well prepared; spend two or three hours every day in the open air, regardless of the weather, in moderate, untiring activities.

AS, to the use of wines, beers, brandies, cider, opium, and tobacco, the only infallible guarantee from a wasted life, an early death, the gutter, or the mad-house, is in obeying the counsel of the inspired volume — "Touch not, taste not."

WHEN there is too much blood in the veins of the head, there is a dull pain or great depression of spirits, and the feet are always cold. It is this excess of blood in the veins of the head or brain which always induces the despondency which so frequently causes suicide. When this is attempted by cutting the throat, the relief is instantaneous, and the victim becomes anxious for the life he had just attempted to destroy. Hence a good out-door walk, or a hot bath, a sudden fit of laughter, or a terrible burst of passion, by dispersing the blood to the surface from the centres, puts the blues and megrims to flight also.

IF an artery is cut in a part of the body where a string cannot be applied, hard pressure with the thumb at a spot about where the string would have been applied may save life.

THERE should be no carpet on the floor of a sleeping-room, except a single strip by the side of the bed, to prevent a sudden shock by the warm foot coming in contact with a cold floor. Carpets collect dust, and dirt, and filth, and dampness, and are the invention of laziness to save labor and hide uncleanness.

THE colder the out-door air is, the purer it must be and therefore more healthful and invigorating; not only is it more healthful in consequence of its freedom from impurities, but also from the concentration of its life-giving property, because air is condensed by cold; it is packed, as it were, more solid; so that, even supposing two cubic inches of air equally pure, one at the equator the other at the poles, the one at the poles has a much larger amount of oxygen, the great life-giver and purifier of the blood.

IF stung or bitten by insect, snake, or animal, apply spirits of hartshorn very freely with a soft rag, because it is one of the strongest of alkalies, and is familiar to most persons. The substance which causes the so-called poison from bites or stings, is, as far as is ascertained, generally acid. Hence the hartshorn antagonizes it in proportion to the promptitude with which it is applied. If no hartshorn is at hand, pour a cup of hot water on a cup of cooking soda or saleratus, or even the ashes of wood just from the stove or fireplace, because all these are strong alkalies, and hartshorn is only best because it is the strongest. There is no conclusive evidence to believe that burning or cutting out a bite has ever done the slightest good. The proof adduced to show that they have been effectual is wholly of a negative character, and, therefore, not decisive.

THE first meal, after a severe effort of either mind or body, especially if the effort has been protracted, should be a very simple one; such as light bread, butter, and a cup of hot drink; then in four or five hours a hearty meal may be safely taken, and is necessary.

THE pain of inflammation gives heat; hence headache, with a hot head, is from too much blood in the arteries, and there is throbbing; draw it away, by putting the feet in very hot water; this often removes pain in any part of the body above the ankles.

EXERCISE is health-producing, because it works off, and out of the system, its waste, dead, and effete matters; these are all converted into a liquid form, called by some "humors," which have exit from the body through the "pores" of the skin in the shape of perspiration, which all have seen, and which all know is the result of exercise, when the body is in a state of health. Thus it is, that persons who do not perspire, who have a dry skin, are always either feverish or chilly, and are never well, and never can be as long as that condition exists. So exercise, by working out of the system its waste, decayed, and useless matters, keeps the human machine "free;" otherwise it would soon clog up, and the wheels of life would stop forever!

EXERCISE improves the health, because every step a man takes tends to impart motion to the bowels; a proper amount of exercise keeps them acting once in every twenty-four hours; if they have not motion enough, there is constipation, which brings on very many fatal diseases; hence exercise, especially that of walking, wards off innumerable diseases, when it is kept up to an extent equal to inducing one action of the bowels daily.

FIND a young man who has no money, or who, having money, has no desire to get rid of it unprofitably, and you find a soil upon which roguery cannot fasten.

THE human body is made in such a manner that a single step cannot be taken without tending to move the intestines; thus it is, in the main, that those who move about on their feet a great deal have the least sickness, and, on the other hand, those who sit a great deal, and hence move about but little, never have sound health; it is an impossibility — it is a rule to which I have never known an exception.

SICKNESS is often aggravated, and life itself is sometimes lost, from giving to a second man what cured the first, because the circumstances were not the same.

THE safest and most comfortable application, in nature for the relief of all pain, especially that arising from inflammation, is a woollen cloth, kept very warm, even hot, by the steady addition of hot water, or a stream of warm water, where the painful part admits it. When pain is severe, sharp, or thrilling, there is inflammation, and arises from there being too much blood in the arteries; if dull and heavy, it is caused from there being too much blood in the veins.

WHEN it is considered that pure air is essential to the purification of the blood, and that the food we eat never becomes nutriment until it meets with the air in the lungs, and when it is furthermore remembered that a full third of our entire existence is passed in our sleeping apartments, it must be clear to the commonest understanding that the difference between breathing a pure and impure air while we are asleep is literally incalculable as to the effects upon our happiness and well-being.

IT is too much the custom to measure one's health by the avidity of his appetite and his increase in flesh, as if he were a pig; forgetting that the voracious appetite and fat are always indicative of a diseased body. A uniform, moderate appetite is the attendant of good health. A racer's ribs must be seen before he is fit for the track, because then he is more capable of endurance.

A HOUSEHOLD is better regulated by an affectionate pliancy, than by an inflexible rigidity ; yielding in non-essentials, but firm as a rock in all questions of right and wrong.

It is not possible to supply a pure warmth by any furnace ever invented, unless it simply heats water or air, out of which is given the caloric necessary to make a dwelling comfortable. That the heat which comes from any furnace through an ordinary register, although the coals are red hot, is a sickening stench, can be demonstrated any moment in a winter's day : it is sending into a room an incessant stream of air, almost wholly divested of its oxygen, which is the element for which alone air is breathed at all. Nor is this all : the oxygen has not only been abstracted, but sulphuretted hydrogen and carbonated hydrogen, which are among the most noisome smells in nature—that of rotten eggs—replace the oxygen ; and that such an atmosphere, steaming into our parlors, and dining-rooms, and chambers, cannot be otherwise than most pernicious to health, only but an idiot can deny.

THE human mind everywhere takes in truth with pleasure ; it feeds on what is new, and if the new is beautiful and true, it is a feast of fat things, nourishing the immortal part, and giving life to the body itself.

THE heart, the moral nature, must be rested by a diversion of its activities to subjects belonging more directly to its higher nature.

THE most common way to a premature grave, and one of the shortest cuts to that destination, is down a man's throat. There is a multitude, which no man can number, daily eating immoderately, thus sapping the constitution, and laying the foundation for innumerable ills and a too early grave. The wise man does it, and the fool; the virtuous and the abandoned; the kind and the cross, of all climes, are among the errorists. But there are some who are wise as to this point, and the number is increasing; the number of those who are men and women of force; who think for themselves, observe for themselves; who have vigor of intellect enough to compare causes and effects, antecedents and consequents. There is constantly coming to us the knowledge of mothers, who, by our teachings, have been led to regulate their households rationally, and are reaping a rich reward, in the shape of health for themselves, and what is dearer still, increasing health for their children.

THE body must be rested by a cessation from work or muscular effort.

THE brain must be rested by cessation of ordinary mental application.



IF it be true that "economy leads to wealth," it must be equally true that extravagance leads to poverty; and almost the greatest extravagance, to which business men are now tempted, is that of ostentatious display. Dr. Franklin said, that "the road to wealth is as plain as the road to market." If Poor Richard were to come again to point it out, he would likely advise that it be not carpeted with Brussels, except at its extreme farther end.

MOTHERS are often much afraid that their daughters will hurt themselves by a little work, if they complain of not feeling very well; and yet if such daughters were to sit down to dinner, and shovel in enough provender for an elephant or a ploughman, it would be considered a good omen and the harbinger of convalescence. A reverse procedure would restore multitudes of ailing persons to permanent good health, namely, to eat very little for a few days; eat nothing but coarse bread and ripe fruits, and work about the house industriously; or, what is better, exercise in the open air for the greater part of each day on horseback, in the garden, or walking through the woodlands, or over the hills, for hours at a time. Objectless walks and lazy lolling in carriages are very little better than nothing.

IT is greatly safer for children, for invalids, and old persons to have too much clothing than too little.

VIGOROUS, manly health makes one feel as if he could sweep away every obstacle before him with a wave of the hand; that health should be striven for, in an active life, which keeps the body "on the go;" which taxes the mental energies to an extent that compels them to be busy, not overcrowded, but always a little pushed; an additional element of success would be to secure such a person an occupation involving responsibilities—involving the direction of others; a situation which implies confidence reposed by persons of character and position: in this way work, business, becomes a pleasure, and mind and body, being fully occupied, the capabilities of both will be invited out, will be cherished, strengthened, and grow to fair proportions from very use. Wake up, then, ye hesitating, halting ones, and make a manful fight against whatever of obstacles may stand in the way of success in life; stand up to them face to face: sometimes they will melt away as snow before the silent warming sun, at others they may be too numerous to mention; but when they seem to be, take courage, and they will oftentimes vanish like the morning dew in the practice of "Gussie's" plan, "When you've got a big thing to do, go ahead."

A TEACHER must have more than knowledge,—he must have a high principle, a conscience, a heart.

ALL know that the less we exercise the less health we have, and the more certain are we to die before our time. But comparatively few persons are able to explain, how does exercise promote health. Both beast and bird, in a state of nature, are exempt from disease, except in rare cases: it is because the unappeasable instinct of searching for their necessary food impels them to ceaseless activities. Children, when left to themselves, eat a great deal, and have excellent health, because they will be doing something all the time, until they become so tired they fall asleep; and as soon as they wake, they begin right away to run about again; thus their whole existence is spent in alternate eating, and sleeping, and exercise, which is interesting and pleasurable. The health of childhood would be enjoyed by those of maturer years, if, like children, they would eat only when they are hungry; stop when they have done; take rest in sleep as soon as they are tired; and when not eating or resting, would spend the time diligently in such muscular activities as would be interesting, agreeable, and profitable. Exercise without mental elasticity, without an enlivenment of the feelings and the mind, is of comparatively little value.

WHOEVER drinks no liquids at meals, will add years of pleasurable existence to his life.

WALKING with the head downward, or with a staff or cane, promotes a stooping position, and brings on an appearance of old age prematurely, not only by the effects upon the structure of the spinal column, but by throwing the weight of the body on the chest, thus compressing the lungs, diminishing their capability of receiving an adequate quantity of pure air, thus gradually purifying the blood less and less perfectly, until the whole mass of it becomes imperfect, impure, and diseased; then slight causes carry a man to the grave. An absolute preventive of all this is an habitual, persistent attention to the following rules: Walk with the toes thrown outward. Walk with the chin slightly above a horizontal line, as if looking at the top of a man's hat in front of you, or at the eaves or roof of a house. Walk a good deal with your hands behind you. Sit with the lower portion of the spine pressed against the chair-back.

No man has a right to indulge in any extravagance which will injure his success in business, so long as such an injury to himself will be an injury to any one else.

No system of hygiene can be complete which does not include that temperance, industry, and personal purity which the sacred writings often and strongly insist upon.

EVERY day we meet with persons who in their families are cross, ill-natured, dissatisfied, finding fault with everybody and everything, whose first greeting in the breakfast-room is a complaint, whose conversation seldom fails to end in an enumeration of difficulties and hardships, whose last word at night is an angry growl. If you can get such persons to reason on the subject, they will acknowledge that there is some "want" at the bottom of it; the want of a better house, a finer dress, a more handsome equipage, a more dutiful child, a more provident husband, a more cleanly, or systematic, or domestic wife. At one time it is a "wretched cook" who stands between them and the sun; or a lazy house-servant, or an impertinent carriage-driver. The want of more money than Providence has thought proper to bestow will be found to embrace all these things. Such persons may feel assured that people who cannot make themselves really comfortable in any one set of ordinary circumstances would not be so under any other.

IF you are caught in a drenching rain, or fall in the water, by all means keep in motion sufficiently vigorous to prevent the slightest chilly sensation until you reach the house; then change your clothing with great rapidity before a blazing fire, and drink instantly a pint of some hot liquid. To allow the clothing to dry upon you, unless by keeping up vigorous exercise until thoroughly dried, is suicidal.

CONSUMPTION always comes on in one of two ways — the lungs not having fresh air enough supplied to them, or by not being able to take in enough, which latter condition is brought on in the first place by a sufficient amount of pure air not being supplied for weeks and months in succession. Whenever a consumptive patient is brought to a physician, one symptom is always present, is never by any possibility absent in any one case; pain may be absent, cough may be absent, night sweats may be absent, and swollen feet and ankles also; but a want of breath is always present.

TEA and coffee used at each regular meal, as the exclusive drink of all classes and all ages, will add to the health, life, happiness, and well-being of any nation. All nations, of all ages, have solid or liquid excitants, or stimulants, made to hand, or have discovered or invented them, or found out the mode of use adapted to the results. It would seem from this that a beneficent Providence intended their employment for the comfort of the creatures of his power — written revelation giving the explicit conditions of their use.

A DOLLAR'S worth of lime, a shilling ribbon, or a few pennies' worth of paint may be so used as to give an impression of life, of cheerfulness, and of thrift about a home altogether beyond the value of the means employed for the purpose.

IF I were attacked with undisputed cholera, I would do four things: Lie down; eat ice, if thirsty; bind a piece of woollen flannel tightly around the abdomen; take calomel. This fourth item requires a more extended mention. I would take an amount supposed to be sufficient. If it did not arrest the passages within two hours, I would *double* that amount, and continue to *double each last dose* at the end of each second hour, until the disease was arrested.

As pork has been the main stay of the nation for hundreds of years, and statistics tell us the average duration of human life is steadily increasing, we would advise the people to eat as much "ham and eggs" as heretofore, not to discard "pork and beans," to revel in sausages in their proper season, to supply themselves with a good store of hogs' lard every autumn for the year's use, and dismiss all apprehension of being eaten up alive by pig-worms; *but always cook these articles most thoroughly.*

THERE should be no standing fluid of any description, nor a particle of food, or vegetation, or any decayable substance allowed to remain in a bed-room for a moment; nor should any light be kept burning, except from necessity, as all these things corrupt the air which is breathed while sleeping.

TRUE politeness is benevolence personified ; it is the practice of kindness. There is virtue even in the form of politeness ; it may be merely mechanical, still, like an air cushion, although there is nothing in it, it is very comfortable in use. Why not cultivate a pleasant mode of recognition for every one we meet on the street, however slight the acquaintance ? it would many a time lighten the load of some sorrowing heart, or cause some new resolve to "try again" when on the very verge of utter hopelessness, by the inspiration of the feeling "there's somebody, at least, cares a little for me." It elevates the lowly to have their superiors greet them courteously ; it unwittingly to themselves begets a resolution to act more worthy of such recognition ; to earn it by a better behavior, a more tidy dress, a more dignified deportment.

AT home, or at church, are the places for spending the hours of the sacred day ; especially is it the way of safety for young people — safety from the grog-shop, the engine-house, and the chambers of her whose ways go down to death : and how much of bodily disease are traceable directly to these three places, to say nothing of moral corruptions, any city physician, of even moderate practice, has daily cognizance.

LIVE within your income, even if you have to dwell in a shanty and live on a crust of bread.



IF infants and young children are inclined to be wakeful during the night, or very early in the morning, put them to bed later ; and besides, arrange that their day nap shall be in the forenoon.

MAKING money is about one of the best promoters of health we at present think of ; it enlivens the mind, which induces greater bodily activities, and these, as all know, are better than any medicine for the securement of health and the prevention of disease. The same amount of muscular effort, expended in an encouragingly remunerative employment, will do many times more good towards removing and preventing sickness than if it was merely and solely intended for that end. But it takes more of a man, requires more mind, more moral force, to save money than to make it ; the idea being expressed, although in not very elegant phrase, "Any fool or knave can make money, but it requires a wise man to keep it,"—to save it. In fact, Poor Richard used to say, "A penny saved is twopence gained." A man is a man in proportion to the amount of self-denial he can exercise over himself—in proportion to his moral courage to deny himself as to his appetites and gratifications. Spendthrifts have none of these high qualities.

THE most all-pervading cause of the increased sickness and death in cities in warm weather is the breathing of an impure, a vitiated atmosphere.

MILLIONS of pounds of tobacco are raised in the United States every year. More than half of this is produced in the Northern States; it ruins the health of many, and is the first step towards drunkenness, in millions of cases, and not only makes water insipid, but creates a desire for something to drink, which only spirits can satisfy.

YANKEE men, nor Yankee principles, nor Yankee thrift will ever die out while this planet is inhabited; and if it is ever depopulated by a conflagration, the last survivor of a smouldering world will be Jonathan, at the death, singly and alone, resolutely trying to put out the fire; if by famine, the last loaf of bread will be owned by a Yankee.

No standing water on an earthen bottom ought to be allowed within a mile of any residence in cholera times; and in communities, every street gutter should be kept as clean as a broom can make it, or as dry as a powder-horn. Street filth, cellar filth, rear-yard filth, kitchen filth, all involving the decay of vegetable substances, these are they which make cholera victims in cities.

THE difference between cleanliness and the want of it, about a house, is demonstrated in some of the model lodging-houses in London, standing in the midst of unhealthful surroundings; for in these houses the number of deaths is just half as many as in the immediate neighborhood.

A MOUNTAIN weight is pretty heavy physically, and the expression is used to indicate the oppressed condition of the mind. Physicians are repeatedly consulted by persons who think they are "in a very bad way," when there is actually no physical derangement, but the trouble has arisen from a misapplication or misapprehension of the meaning of facts and occurrences.

TRUE religion not only purifies the sentiments and the heart, but washes a man's clothes, neatly patches every worn-out garment, keeps his house or farm in good repair, and inaugurates system, promptitude, exactness, courtesy, and a spirit of generous forbearance and kindly accommodation in every household. It is not intended to say there is no piety where these things are not found, but they most certainly do abound in proportion as Christianity has her "perfect work."

THE toiling, laboring poor are despised and contemned. Riches are coveted, sought for, and worshipped by the million. Honesty and truth, merit and talent, are sold for a "mess of pottage." Too often the most open dishonesty is forgiven and forgotten, because wealth blinds the eyes and obliterates the memory of the public. "An honest man is the noblest work of God," was once true; but now, "Get all you can, and keep what you get," is the great principle of the age.

LIFE was never meant to be a mere pleasure, save to the brute. To higher natures it has always been, and always will be, a school, a discipline, a journey, a march, a battle, a victory. The law is absolute and wholesome, growing out of the very divinity of man's source. No amount of fortune, accordingly, can exempt a man from its operation. It leaves no one where it finds him. If it does not elevate him above the lambent stars, it makes him grovel in the dust of the earth. The alternative is infallible; and, therefore, we say to our thoughtless rich men, that they had better, on every account, study the methods of a wise depletion, and educate their children to industry, economy, and usefulness.

THE odor of dead rats induces disease in a whole household, while most rat poisons are fatal to the family. If the bi-sulphide of carbon is poured into their holes it will drive them from the premises in twenty-four hours; the next best remedy is a rat-trap baited with toasted cheese.

IF you find yourself inclined to wake up at a regular hour in the night, and remain awake, you can break up the habit in three days by getting up as soon as you wake, and not going to sleep again until your usual hour for retiring; or retire two hours later and rise two hours earlier for three days in succession, not sleeping a moment in the daytime.

INABILITY to sleep is the first step towards madness, while sound and sufficient sleep imparts a vigor to the mind, and a feeling of wellness and activity to the body, which are beyond price.

DAY laborers are most liable to sun-stroke, especially in proportion as they use stimulating drinks. It is doubtful if any strictly temperate person ever becomes a victim to this instantaneous life-destroyer, but excessive exposure to the direct rays of a summer's sun may occasion sun-stroke in any individual, in the proportion as he is of a sedentary occupation or of delicate health. Such persons, if compelled to be out of doors under a hot summer's sun, should wear a soft, loose hat, with some light loose cloth in the crown; have the neck and throat bare and unconfined; should eat but little meat, and live mostly on coarse bread and butter, and berries, ripe, raw, and perfect, without sugar or milk, keep regular hours, and have abundant sleep. Laborers should wash the whole scalp in cold water several times a day, and keep the surface of the body clean, by rubbing it with a damp towel every night before going to bed. Let the friction be sufficiently vigorous to cause an extra redness of the skin. It is being between two fires that makes sun-stroke common in cities and uncommon on small islands or at sea, because the brick and stone pavements give back almost as great a heat as comes from the sun.

MULTITUDES are there whose existence is one continued struggle for the means which will enable them to retire to the country and live at their ease for the remainder of life. How few of all that company succeed, need not be expressed here; and of that small number, more than half have their hearts so eaten out by the conflicts of life that no lusciousness is left, no zest for the pure and quiet joys of the country — nothing left but the dry, hard greed of gold, and bitter reflections as to the deep depravity of their fellow-men; no sunshine lights up their countenances; no kindly words escape their lips; no generous acts mark out their daily lives; all humanity has died out in them; they have only one joy, and it a semblance — the joy of clutching and hoarding money. Against a life so terrible as this, there is a protection — there is a happy deliverance; it consists in wisely enjoying what we may of the present, instead of setting apart a future for it which we may never see; all along aiming, by word, and deed, and thought, and prayer, to secure a resting-place in heaven.

MANY a man has the courage to march to the cannon's mouth, and yet fails to resist over-indulgence in eating. He who has an intellect peerless among the generation in which he lives, becomes an imbecile at the dinner-table.

WHILE we should cultivate serenity of heart and mind, for the benign influences which it cannot fail to have on ourselves and on those with whom we associate, we should be deterred from the neglect of cherishing a quality so divine by keeping in mind the evils which hourly befall those who give a loose rein to the natural man. The great and good Washington is known to have been an extremely irritable man in early life, but he schooled himself to become as calm as a summer's sea in his later years.

A PLUM-SIZED lump of alum attached to a string and swung around a few times slowly through a pitcher of water will cause the sediment to fall to the bottom in a few minutes. The neutral sulphate of alumine will make lime-water perfectly pure, destroying at the same time all organic compounds. Almost all water has lime in it.

A SINGLE hour's breathing of an atmosphere loaded with miasmatic exhalations may produce deadly effects.

MANY a hard-working, frugal, self-denying man has spent more time, and had more trouble, in collecting a debt, than were involved in earning the original amount.

AMERICANS brag a great deal about their bravery. Brave people never brag. True courage is always quiet.

IF a man weighs himself at bedtime, and again on first rising, he will find an actual loss in weight of half a pound, which amount has gone off from his body, and has been distributed through the bed-clothing and the air of the room. If a single ounce of old woollen rags is burned in a chamber, the atmosphere becomes impregnated with the smoke, and is scarcely endurable, yet sixteen times that much of foreign material, of dead and refuse parts of the body, are mixed with the air of a chamber, and, although not producing so ill an odor, make it sixteen times more injurious, because the air is just sixteen times more impure, has sixteen times less of the appropriate nourishment of the system, showing again the great importance of sleeping in well-ventilated chambers. If two persons sleep in the same room, these pernicious deteriorations of the atmosphere are doubled.

THE coarser the food, the more freely will the bowels act, such as corn (Indian) bread, eaten hot; hominy; wheaten grits; bread made from coarse flour, or "shorts;" Graham bread; boiled turnips, or "stirabout." If the bowels act oftener than twice a day, live for a short time on boiled rice, farina, starch, or boiled milk.

LET us practise ourselves, and teach it to our children, to look at all things, to think of all things, to speak of all things serenely.



LET that father who wishes to be assured that his son shall not languish in a penitentiary, or perish on a gallows, give that son a trade. Let the mother who desires to make it certain that the daughter she so much loves shall not pine away in some cheerless hospital, ay, some insane asylum, teach that daughter the perfect use of her needle, or, better, the skilful handling of a sewing-machine; and more, how to keep a tidy house; how to prepare a comfortable meal; how to spread a well-appointed table — to do all these things with thoroughness. Such a young woman can never come to want; can never fail to find a well-paying place in this country.

AMERICANS are a hasty race; their habitual hurries and anxieties eat out the very essence of life before half that life is done, and all bloodless, fidgety, skinny, and thin, we are but "a vapor that appeareth for a little time, and then vanisheth away."

THAT man is a fool, who, in a grave case of sickness as to himself, his family, or those under his control, fails to call in promptly a regularly educated physician, or one who, if not regularly educated, has had long years of practical and extensive experience; and when death results from such omission, such a one is a constructive murderer.

MAN is like a pig. When he is hungry, he gets quarrelsome, ill-natured, snappish; but in one respect he is unlike a pig; that animal, with all its love of filth, ceases to eat when it is no longer hungry. Reader, did you never eat to make it even? — take some more bread because you had a little butter on your plate? or take a little more sauce or gravy because a bit of bread was left, and you did not want to leave it? That was waste; it was more than waste, because it not only did you no good, but a positive injury.

THE vanity of parents is fed by the “smartness” of their children; but early ripe, early ruined, may be said of all precocities. If not actually ruined, there is almost in all cases a sudden “giving out” of the mental powers, and the prodigy of yesterday is the mediocre of to-day, and the *non compos mentis* of to-morrow.

WASH the eyes abundantly every morning. If cold water is used, let it be flapped against the closed eye with the fingers of the hand, not striking hard against the balls of the eyes. But it would seem a better plan to open the eyes in pure warm water, because warm water is more penetrating than cold; it dissolves much more readily and rapidly any hardened matter that may be about the lids, and is more soothing and more natural.

THAT there are material emanations, distinguishable by the sense of smell, constantly passing from everything that breathes, is not denied. That every man has a different "scent" is proven by the fact that a dog will follow his master through a crowded street or road, although not in sight, keeping his nose to the ground until he can be seen, when he bounds away with his head upwards, because the eye then assists him. An emanation comes from the negro which it requires no nice olfactory to discover. There are some white persons who will scent a room in five minutes after their entrance, to the extent of really sickening delicate organizations. There are, most probably, emanations of a still more ethereal character, more spiritual than solid or physical. One unknown person entering a room where there is a promiscuous company, will, without speaking a word, chill the whole party; another will fill it with disgust; while a third will send out a genial influence on every heart. It does not require a very large stretch of the imagination to infer that a combination of the ethereal or spiritual emanations with the more solid or material, may certainly act in such a way as to have a malign influence on a highly-wrought or very susceptible organization, especially when brought into so close a contact as that of bedfellows. It is known, the world over, that low typhoid fevers, of the most malignant and fatal

type, are caused by human emanations, by crowding persons in confined apartments.

EVERY rational woman who has a mother's heart, and who has a daughter at school, will make it a matter of affection and duty to do all that is possible to keep her uniformly and always in a cheerful and hopeful frame of mind, sympathizing with her in her difficulties, and sustaining her in her discouragements.

THE moment the eyes feel tired, the very moment you are conscious of an effort to read or sew, lay aside the book or needle, and take a walk for an hour, or employ yourself in some active exercise not requiring the close use of the eyes.

HUNDREDS of thousands of dollars have been made out of boys from fourteen to twenty, and bachelors, by the authors of books on physiology, with plates to stimulate prurient curiosity to an ungovernable pitch. Hundreds of thousands of these publications are sold and given away. Scarcely any youth can read one of them without imbibing the impression that he is the victim of certain things, which, unless promptly corrected, will soon and surely lead to results of the most appalling character.

THOSE who bend forward, or sit crookedly, are very apt to fall into consumption.

FOR wise and benign purposes, it was not left to man's wisdom — seeing that few, indeed, have any in this regard — to daily alter the amount of food and drink taken, according to the variability of the weather and the work done ; but, instead, are appointed various instincts and appetites, self-operating, and beyond our control. In the first place, the appetite declines as the weather becomes warmer ; and, secondly, it seeks for articles of a different quality. In winter, we love meats, and fats, and starches, and oily substances, and sweetmeats of every description, because from a half to four fifths of these articles are heat-producing, are fuel for the furnace of life. We not only eat them, but have an appetite for large quantities of them. When summer comes, we cannot partake of them freely — we crave other things ; we want sweets no longer, but are eager for the acid berries, and fruits, and tomatoes, and melons. We no longer want heating, solid food, but the cooling and watery vegetable. Sugar, and sago, and arrow-root, and corn-starch, and fresh meats have from thirty to forty per cent. of solid, heat-producing substances ; while fats, suets, oils, and beans, and rice have nearly three times as much. But turning to the vegetables, and salads, and greens, and fruits, and berries, and melons of spring, and summer, and autumn, which we so eagerly crave, and in whose consumption we luxuriate, there is a marked difference.

HEADACHE is generally not a disease in the head itself, but a sign or symptom that something is wrong in some other part of the body. In almost every case it is accompanied by cold feet, costiveness, disordered stomach, or a derangement of the nervous system in general—this last induced by over-mental exercise, or some local irritation in a distant part of the body. In all these cases, an application to the head itself is only palliative, eradicates nothing, cures nothing. If the feet are cold, they must be made permanently dry and warm, thus drawing the excess of blood away from the head. If the bowels are costive, they must be made to act once every twenty-four hours, freely and habitually, without the use of any medicine. If headache comes on at regular times after eating, then indigestion is the cause, and such food should be used, both in quantity and quality, as will not be followed by this symptom. But if the feet are habitually warm and comfortable, if the bowels act once, regularly, every day, and if it is clear that the headache is not connected with the eating, then its cause must be found in some part of the system remote from the head itself, and it is safest and best to take competent medical advice if trouble, anxiety, or over-mental exertion is not the palpable origin of the ailment. In most cases, very severe headaches will disappear within twenty-four hours, by giving the scalp, face, and whole

body a most thorough cleansing with soap, warm water, and a rough scrubbing-rag; taking nothing but cold water and some kind of soup, into which has been broken the crust of cold or toasted bread, and some out-door activities for several hours in the forenoon and afternoon also.

If you want to convince anybody of anything, argue alone.

NEVER allow your children to leave the second or third story in the morning, until they have had a plain, hearty breakfast; and send them up stairs, within half an hour after sundown, or give them their supper at sundown: these observances ought to be adhered to from May until October in the North, and from April to November in the South. A rigid attention to this would prevent at once half the diarrhœas, and summer complaints, and croups which desolate our hearths and hearts so often in summer-time in the city.

A MAN may diet as well as physic himself to death.

It is a striking argument for the perversity of human nature, and one which often forces itself upon the attention of observant men, that we bolt a concentrated untruth without wincing, while what is true, with all its simplicity, and beauty, and usefulness, is disputed, inch by inch, with a suspiciousness and a pertinacity most remarkable.

MANY persons have gone to church, taken cold, gone home, and died in a few days, from sitting in an ill-warmed or ill-ventilated church, arising from the inattention or ignorance of sextons or indifference of church officers; hence tens of thousands are interested, to the extent of life and death, in the perusal of these few lines. Perhaps three persons out of four who attend divine service on the Sabbath day are conscious, within two minutes after taking their seats, that they have been in a hurry; that both mind and body have been more or less in a turmoil; they have been hurried in getting to church in time; the result is, they are overheated, that is, the body is in a state of warmth considerably above what is natural, and if in this condition they sit still, even for ten minutes, in an atmosphere cooler than that of out-doors in summer, or below sixty degrees at any time, a cold is the result, slight or more severe, according to the vigor and age of the individual. The danger is still greater if the room has been closed for several days; this is specially applicable to houses of worship. Within a few minutes after the benediction, at the close of the Sabbath services, the house is shut up, doors, windows, and all; the atmosphere of the building has been saturated with the breath of the worshippers; as it becomes gradually cooler, this dampness condenses and falls towards the floor; so does the carbonic acid gas, which is what



becomes so unpleasantly perceptible on entering a sleeping-chamber after a morning walk ; and there is experienced a sepulchral dampness and closeness enough to chill any one on first entering the church, after having been closed several days. The practical conclusion is, that every church ought to have the windows and doors open for several hours, including the middle of the day, before it is opened for service. In cold weather, preparatory to the Sabbath service, this ventilation should be secured on Friday, and early on Saturday mornings fires should be built, and steadily kept up, day and night, until the Sabbath services are concluded.

THE greatest loss, is the loss of temper : it unfits us for the social circle ; it unfits for business, for pleasure, and for religion. The exhibition of a loss of temper always degrades ; the man himself feels it a very few moments afterwards. A very frequent cause of an irritable disposition, of a fretful, complaining temper, always ready to oppose, object, and find fault, is dyspeptic indigestion. A person at the table will be gentle, generous, entertaining, and agreeable ; an hour later, and the whole character is changed ; there is a querulousness, a rudeness, a sulkiness, a contempt of every rule of courtesy and politeness, which is as amazing as it is degrading. It is the healthy man who is the same all the time, who always meets you with a cordial welcome and a cheerful manner. You are never sure, in

approaching a dyspeptic, even though your nearest and best friend, that you will not be met with a snap or a snarl; some spiteful remark or some ill-natured action. To keep your temper, then, keep well; make the preservation of your health a study and a duty; it will pay handsomely; a cheerful heart makes the hands nimble, and the brain active, keen, ever on the alert; hence good health is an important element of business success; and more than that, the greatest of modern preachers, the most successful, as also those of a past age, were and are among the healthy men; giving them high animal spirits, as well as bodily vigor and mental elasticity, and wit, and fun, and a certain degree of impudence, fearlessness, and self-assertion.

THE rich should practise economy for the sake of setting a good example to those in more moderate circumstances.

A GOOD woman never grows old. Years may pass over her head, but if benevolence and virtue dwell in her heart, she is cheerful as when the spring of life opened to her view.

THE more sick people can sleep, the sooner they will get well.

“SIMPLES” are only simple when in their proper place; and the familiar quotation, “It can do no harm if it does no good,” is in medicine, at least, a dangerous untruth.

It has become very common to invest chewing-tobacco and snuff in lead foil. Herr Hockel examined some snuff from a quantity, part of which had been used by a patient who was laboring under a severe attack of lead poisoning, and found that it contained two and a half per cent. of metallic lead. The tobacco near the corners of the package, being more perfectly enclosed by the foil, contained the most lead, which is decomposed by dampness, and remains in the tobacco or snuff in the form of carbonate of lead, which is the white lead paint of commerce, which inflicts such horrible sufferings on many of those whose business compels them to work in it. The slaves of the disgusting "weed" would do well to make a note of this, and either abandon the inexcusable filthiness, or avoid using any that is enveloped with lead foil.

FACTS appear to show that however healthful and nutritious the onion may be to persons in good health, and in healthful surroundings, they are most pernicious to sick and well when used in a bad atmosphere, where epidemics, such as cholera and typhoids, prevail.

IN all catarrhs, chronic or acute, long or short, a wise physician will do nothing to stop or repress, but will use means to cause a greater activity of the liver, and prescribe an unstimulating and cooling diet, warmth, and judicious exercise.

BADLY chapped hands improve rapidly, if, after the night washing, common sweet oil is rubbed in thoroughly, and a pair of old kid gloves are worn during the night, for several nights in succession.

WE need not enumerate the countless multitudes who are gradually led to the grave by the various intoxications of alcohol, opium, and tobacco, from ignorance of the fact, that the appetite for them feeds upon itself, and grows by its indulgence.

MANY a pie has cost an industrious man a hundred dollars. A human life has many a time paid for an apple-dumpling.

A VERY large share of the worthlessness and incompetence of our domestics, is owing to the previous unfitness of persons to be mistresses.

DEBT blunts and blights the finest sensibilities of our nature; it eats out the sweetest domestic affections; it blasts the moral character; it robs us of our manliness; and where there was once all that was noble, truthful, high-minded, there is nothing left but the charred waste of debased manhood, of contemptible prevarications, and mean concealments.

THE man who is not a Christian, by principle and practice, should regard his condition "with fear and trembling."

For ourselves we would give physic a wide berth. If we had a "flowing from," a catarrh, a cold, all of which mean precisely the same thing in nature and essence, we would let it flow, and thus have the system relieved of an enemy, whose presence it will not tolerate. But there are three other things which may be done to very great advantage, because they would expedite the cure. Keep the body very comfortably warm by all available means, especially the feet. Take a good deal of exercise in the open air, to the extent of keeping up a very slight perspiration for several hours during the twenty-four. Live on light, loosening, cooling food, — moderate amounts, — such as water-gruel, crust of bread, stewed fruits, ripe berries, and nothing else, until entirely well.

AN intemperate man or woman transmits a depraved constitution and an impaired intellect to children, and even to grandchildren. The statistics in regard to the idiots of Massachusetts, published a few years since, furnished a volume of proofs to the same general statement. The more this subject is investigated, the more certain it will be shown that the use of liquors is impairing the health and reason, and shortening the lives, not only of those who drink, but of their descendants.

THE most terrible enemy that man encounters, is liquor-drinking.

To be truly religious, and to have true views on all subjects connected with religion, a man should have undisputed health. A sound mind in a sound body is, I believe, an axiom, a first principle, and a healthfully acting mind in a healthy body seems to be a prerequisite towards giving the arguments for religious truth the consideration due them. If this be so, then the first parental duty to the new-born child is, not in reference to religion directly, but in reference to its health, its preservation if good, and its improvement if defective. It seems then to follow, that good health, other things being equal, is a prerequisite in the investigation of religious truth, and rather increases the probability that the arguments substantiating such truth will be properly appreciated ; in other words, a healthy man is more likely to be brought under the power of religious truth, and to become a Christian from sterling principle, than an unhealthy man.

MEN usually diminish their clothing after exercise, and thousands perish by so doing. Three simple rules would, in this connection, prevent an incalculable amount of human suffering. After any form of exercise, go immediately to a good fire or warm room ; or put on additional clothing ; or leave off the exercise very gradually, the more so, the colder the weather is.

WHEN you speak to a person, look him in the face.

INEXPERIENCE only is positive. It is the charlatan who lies remorselessly, and he lives by it; and yet, in four cases out of five, the patient will intrust his health and life to the keeping of the man who is most profuse, and brazen, and self-confident in his promises of amendment.

IF a person's lungs are not well developed, the health will be imperfect, but the development may be increased several inches in a few months by daily out-door runnings with the mouth closed, beginning with twenty yards and back at a time, increasing ten yards every week, until a hundred are gone over thrice a day. A substitute for ladies, and persons in cities, is running up stairs with the mouth closed, which compels very deep inspirations, in a natural way, at the end of the journey.

WHEN a man begins to croak about "hard times," and about everybody getting worse, the whole world included, it behooves him to inquire if it is not *he himself* who is thus depreciating in value, in his industry, his activity, his sterling worth, and his high resolution. Energetic men are not croakers. The resolute, and those whose motto is "upward," — whose actions show "progress," — are not the men who feel disposed to believe in coming ruin.

AVOID severe study or deep emotion soon after eating.

THE popular notion that one or two kinds of food at a meal is most wholesome, is wholly untrue. On the contrary, several kinds at a meal, other things being equal, are more conducive to our well being. Quantity, and not quality, is the measure of health.

THE time to drink tea is at supper, when the lightest meal of the day is taken; for, by its exhilarating effects, it destroys the sense of hunger, and enables a person to go to sleep without having much in the stomach to keep it working all night, and so prevent sound, refreshing sleep.

ONE of the great secrets of health is a light supper, and yet it is a great self-denial, when one is hungry and tired at the close of the day, to eat little or nothing; let such a one take leisurely a single cup of tea and a piece of cold bread with butter, and he will leave the table as fully pleased with himself and all the world as if he had eaten a heavy meal, and be tenfold the better for it next morning. Take any two men under similar circumstances, strong, hard-working men, of twenty-five years; let one take his bread and butter with a cup of tea, and the other a hearty meal of meat, bread, potatoes, and the ordinary et ceteras, as the last meal of the day, and I will venture to affirm that the tea-drinker will outlive the other by thirty years.

KEEP your own secrets, if you have any.



RIDING on horseback is, perhaps, of all others, the most manly, elegant, and efficient form of exercise. In the first place, it cannot be taken without being out of doors, then it enables you to breathe a larger amount of fresh air than if walking, because you pass through a greater space in less time, and consequently a greater number of layers, or rather sections of fresh air, come in contact with the nostrils, with less fatigue. Another advantage is, that all the muscles of the body are exercised in moderation, and, to a certain extent, equally so. And then again, while thus exercising, and while every step forward gives you a fresh draught of pure out-door air, the mind is entertained by every variety of objects, new things being constantly presented. The only thing to be guarded against is a feeling of chilliness; this is essential, for every chill is an injury; whether a man be sick or well, a chill must necessarily be succeeded by a fever, and fever is disease.

FOR half an hour after eating sit erect, or walk in the open air.

THE smallest debts should be paid first, on the presumption that the smaller the debt the poorer is your creditor, the less his ability to borrow, in case he is disappointed in getting what you owe him, and the less can he afford the time required in calling on you.

VERY few of our daily penny papers are fit to be read at the family fireside. Certainly not one in a dozen of all city weekly papers, not connected with a daily issue, but is chargeable justly with being made up with the veriest trash, to say nothing of their frequent obscenity, their slang, their spiteful hits at religion, its ministers, its professors, and the Bible itself.

MANY persons aggravate throat complaints by mufflers, wearing scarfs or extra covering about the neck; these do keep the throat warm, but in every change of position of the head or face some part of the neck or throat is moved from the covering; the covering does not adapt itself to or follow the movement, hence the cold air rushes in upon that unprotected part and chills it; but the beard follows every motion of the head or face faithfully, and thus is the most perfect muffler that can possibly be devised. Nature's provisions cannot be interfered with with impunity.

THE location of water-closets, in connection with a family residence, has an important bearing on the health of any family — a greater influence on the destiny of many than would be supposed by other than a medical practitioner. It is of the very first importance that they should be always, and instantly, and easily, accessible; in proportion as this is not the case, the calls of Nature are postponed.

FACTS seem to show the absurdity of the vagaries of many who set themselves up as reformers and would-be saviors of the race, closing their eyes against the glaring fact that the food of the individual must be adapted to his temperament, his locality, and his occupation. But in all this the great truth stands out with unmistakable prominence, that God is good, in that intending man to habitate the globe, he has adapted him, with reasonable restrictions, to live anywhere, and on anything. And while witless hosts are ranging themselves in hostile fronts as meaters and anti-meaters, vegetarians and grapeites, sensible people will eat in moderation what they like best, according to Nature's instincts, taking their food in moderation, taking care that the fruits should be ripe and perfect, the vegetables fresh, the meat taken from well-fed and healthy carcasses, and all cleanly prepared, thoroughly cooked, served in simple style, and eaten in contentment, thankfulness, and joviality.

A SINGLE drop of tobacco oil will kill a cat or dog in five minutes.

INCONSISTENT as it may seem at first sight, the beard not only keeps the parts genially warm in winter, but by its evaporating influence, cools the parts wonderfully in the hottest weather, to say nothing of its breaking the force of the hot sun.

THE taller men are, other things being equal, the more lungs they have, and the greater number of cubic inches of air they can take in or deliver at a single breath. It is generally thought that a man's lungs are sound and well-developed in proportion to his girth around the chest, yet observation shows that slim men, as a rule, will run faster, and farther, with less fatigue, having "more wind" than stout men.

THE sanctity of the marriage relation, as interpreted in the Bible, in its fullest sense, is at the foundation of a true civilization, and the more rigidly it is adhered to the more elevated, the more refined, the purer, the happier will society be.

OUR personal experience has convinced us, that with a rational care a man may live healthfully anywhere. That men get sick and die in latitudes not their own, is the result of downright ignorance or inexcusable presumption. That some persons will die from change of climate is not denied; but it is the exception, not the rule. The great general fact is capable of the most conclusive proof, that loss of life is not the necessary attendant of any change of latitude. With the light which medical observation and research have thrown out, companies of men, women, and children may live in healthfulness in any climate to which they may emigrate.

To guzzle down glass after glass of cold water, on getting up in the morning, without any feeling of thirst, under the impression of the health-giving nature of its washing-out qualities, is stupidity.

It is stupidity to persuade yourself that you are destroying one unpleasant odor by introducing a stronger one, that is, attempting to sweeten your own unwashed garments and person, by enveloping yourself in the fumes of musk, eau de cologne, or rose-water: the best perfume being, a clean skin and well-washed clothing.

COMMON consumption begins uniformly with imperfect, insufficient breathing; it is the characteristic of the disease that the breath becomes shorter and shorter, through weary months, down to the close of life, and whatever counteracts that short breathing, whatever promotes deeper inspirations, is curative to that extent, inevitably and under all circumstances. Let any person make the experiment by reading this page aloud, and in less than three minutes the instinct of a long breath will show itself. This reading aloud develops a weak voice, and makes it sonorous. It has great efficiency, also, in making the tones clear and distinct, freeing them from that annoying hoarseness which the unaccustomed reader exhibits before he has gone over half a page, when he has to stop and "hem," and clear away, to the confusion of himself as much as that of the subject.

THERE is as much nourishment in a pound loaf of bread as there is in one hundred and forty-six gallons of the best beer, and yet beer, and ale, and porter are constantly recommended to invalids as nourishing — porter, be it remembered, being nothing more than unsalable beer colored with burnt malt to hide the defects. But even as to beer, if the fermentation is complete, there is not an atom of nourishment in a barrel of it.

NOTHING stronger than lukewarm water should ever be applied to the eye, except by special medical advice, and under special medical supervision; for we have only one pair to lose.

MY own views as to the cure of cholera, as far as I have seen, are, that when calomel fails to cure it, everything else will fail, and that it will cure every curable case.

MANY a reader will acknowledge a decided feeling of irritation or impatience, if not actual mental anathema, at the inconsiderate practice of many church-goers of stopping to shake hands in the aisles, at the close of religious services.

LONG prayers are impolitic; they engender an irritable frame of mind, and make the body restless. Short, earnest, fervent prayers wake up the attention, and soften and soothe the unquiet spirit.

BITING off the finger-nails is an uncleanly practice, for thus the unsightly collections at the ends are kept eaten clean! Children may be broken of such a filthy habit by causing them to dip the ends of their fingers several times a day in wormwood bitters, without letting them know the object. If this is not sufficient, cause them to wear caps on each finger until the practice is discontinued.

IF music is a part of public worship, as much as preaching, perhaps there can be no good reason why the people should not "face the music," as they are called upon to do in another sense, a superior voice commanding as high as two thousand dollars a year. An opera would soon find it a losing business if the artists were placed behind the people, and the concert-room would be entirely deserted. In my opinion, every consideration, whether of convenience, comfort, taste, enjoyment, as well as the commonest propriety, demands a prompt and universal change in this respect. If we are to have choirs in our churches at all, let them face the people, and thus save many a valuable neck, to say nothing as to the advantages of harmony and tune, which would be an inevitable result.

THE most nutritious articles of food are meats and the cereals: that is, corn, wheat, oats, rye, &c. Vegetables are the least nutritious, and in cities, especially, the most expensive.

ROBUST health does not belong to a man mainly because he eats this and refuses that; but a wise Providence has so ordered it, that the people of a clime may live and thrive, and be happy and great by the products of that clime, and that in individual constitutions there is an adaptability by which men can live in health anywhere. In short, the world was made for man by that Father, whose boundless goodness has provided for him all things richly to enjoy. Those who do not indulge in the wholesome variety which has been prepared for them, but insist on discarding this, that, and the other, finally come down in their vagaries, until a man writes a book of two hundred pages to prove that meats are forbidden, and that if we don't quit eating so much wheat bread, the bone will become so brittle, that every time a man stumps his toe, said bones will snap like pipe-stems, closing by suggesting as the surest means of living long, in vigorous health, that men should live almost exclusively on grapes.

CLERGYMEN, somehow or other, often become possessed with the idea, that however any specified practice or thing may injure others, it would not injure them, and thus practically claim an exemption from the common laws of mortality.

A GREAT cause of dyspepsia in ministers, is eating too soon after preaching.



WHEN any man is disabled by sickness from discharging his duty to himself, his family, or to society, the question should at once be, "Is it from Heaven, or of men?" Not of the former, for it is said, He does not willingly afflict the children of men; consequently, sickness is not of His sending. It is the result of causes within ourselves. In a literal sense, as well as a moral, it is true, "O Israel, thou hast destroyed thyself!" In plainer terms, disease is not sent upon us; we bring it upon ourselves, and, therefore, health is a duty incumbent on all.

ORDINARILY, mattresses of shucks, chaff, straw, or curled hair are best to sleep upon. For old persons and those of feeble vitality, there is nothing better than a clean feather bed. No one can sleep well if cold. Have as little covering as possible from just above the knees upwards, but cover the legs and feet abundantly, for by keeping them warm, the blood is withdrawn from the brain, and to that extent dreaming is prevented.

WHEN a man is a fool, you can't make him believe it; he will not medicate his malady; hence, with all his experiences, he gets to be a bigger fool every day to the very last.

MANY a man knows how much it contributes to his health and happiness to find peace, and quiet, and unity at home.

PERSONS have lived in good health to the age of threescore years and ten, who rose early, or rose late ; who drank liquor three times a day (or an indefinite number of times), or did not drink it at all ; who were out of doors a great deal, or seldom had the sunshine on them ; who were very good, or who were very bad. The object of these statements is to show the fallacy of attributing a long and healthful life to one thing, — to its presence or its absence, — and to direct attention to this important truth, one which strikingly exhibits the wisdom and the love of our Father in heaven: that men can live long in any country, clime, or latitude, in the use of the things around them, by wisely adapting themselves to their circumstances, in temperance, industry, and equanimity ; that these not only of themselves promote length of days, but antagonize the baleful effects of deleterious agencies. If a man does bathe every day, or never uses tea, coffee, liquor, or tobacco, or eschews fish, flesh, and fowl, he will not be exempt from disease and premature death, unless he is temperate, careful, systematic, and serene ; and with these, he can cover “ a multitude of sins ” physical.

Too many parents consider labor degrading, and consequently push their children into the professions, into salaried positions, when in reality they are far better adapted to the plough. Manual labor everywhere merits respect and honor.

BETTER a thousand times, socially, morally, and physically, hire a two-roomed shanty, live on bread and potatoes, and do the housework without the aid of menials, and continue to do these things until means are accumulated to take a step higher. Thus doing, we would not see a tithe of the sick wives we now do, not a tithe of the unhappy matches, the disgraceful divorces, and the early wreck of business prospects, which leave so many men disabled before they are thirty years of age; disabled for life from engaging in any handsomely profitable employment, in consequence of a load of indebtedness, which it would take a lifetime to liquidate.

A MAN is in little danger of eating too much, if he will confine himself to two or three plain articles of diet at any one meal; this is a secret which every man and woman in the land ought to know. Living exclusively on cold food will soon engender disease, especially in cold weather. And as certainly will a scant diet do the same if persevered in.

MILLIONS of children die before they are two years old, by a wrong system of feeding, originating in the ignorance of the parents. The instinct and the highest pleasure of the new-born child is to eat; it is the balm for all its cries, it hushes every complaint.

WOODEN houses are warm and dry, and for the country, as well as for town and country in the South, are greatly to be preferred. Damp dwellings originate consumption, in its most insidious and resistless forms. If a house is built of brick or stone, the plastering should never be laid on the wall itself; the wall should be lathed, so as to have an inch or more between the brick or stone and the lathing on which the plaster should be spread.

It is inconsiderate to take a medicine, simply because it had cured some one else who had an ailment similar to your own. Of two donkeys, on the verge of utter exhaustion and prostration, the one laden with salt was greatly refreshed, and had his burden largely lightened, by swimming a river; the other, with a sack of wool, by the same operation doubled the weight of his load, and perished.

PASSIONATE people, the hasty kind, who flare up in a blaze, like fire to tow, or a coal to powder, without taking time to inquire whether there is any ground for such a pyrotechnic display, and then get more furious when they find out there was no cause for their fiery feats, may learn a useful, as well as a serious lesson, from the fact that uncontrollable temper has caused many cases of insanity.

No person can thrive or grow fat when the mind is distressed.

“COMMON red wafers, scattered about the haunts of cockroaches, will often drive away, if not destroy them.” These wafers, like candies, are colored red by oxide of lead — a most deadly poison, and so is the acetate of lead, or sugar of lead, as it is sometimes called, on visiting cards, which being a little sweetish, has been known to destroy young children to whom they were handed to amuse them.

ANY patent medicine is a cure for a given disease, or it is not. If it is not a cure, it is false and criminal to sell it as a cure. If, on the other hand, it is what it professes to be, it cannot be much better than murder to withhold it from those who cannot purchase it, and to allow thousands, at a distance, to die from the want of it, who never heard of it, or, if they did, live too far away to send for it in time. Let those who purchase these articles think of the argument, and aid and abet no more, by their patronage, those who allow their fellow-creatures to die by thousands every year, who would be saved (if what is said be true) by the knowledge of the remedy whose composition is so carefully concealed.

It is known that a systematic life of temperance has given sixty years additional to a broken-down constitution of forty ; therefore, it becomes almost a crime for an invalid under fifty years of age not to avail himself of the trial.

WHEN a man is an invalid, the amount of food, air, and exercise requires as much of medical intelligence, experience, and skill as would the judicious exhibition of medicine.

YOU need not be afraid of out-door air, night or day, as long as you are in motion sufficient to keep off a feeling of chilliness; hence, in cold weather, exercise on foot is preferable to riding. While walking, in moderately cold weather, the hands should be covered with a thin pair of gloves, such as silk or thread, and woollen ones in midwinter.

A HIGHER degree of medical intelligence has extended the average of human life, — in some places fifty per cent., taking all diseases together; and it is reasonable to suppose that increased intelligence as to one class of diseases would, in the course of time, have a like happy effect; that if more truthful views as to the nature, causes, and symptoms of diseases of the lungs were extensively promulgated among the people, their fearful ravages would be diminished in corresponding proportion.

THOUSANDS of persons, especially in cities, in order to avoid doing with physicians, as it is termed, will purchase a patent medicine, and take five times as much physic in a week as a scientific practitioner would have administered in a month — the labels often running “from one to two table-spoons three or four times a day.”

WHEN the body is diseased, it is because it is full of diseased, decayed, dead, and useless particles; the object of exercise, as well as medicine, is to throw off these particles; medicine does it more quickly, but exercise more safely and certainly, *if there is time* to wait for its effects.

It is well known that the symptoms of a disease of the heart, and those of the lungs as well as those of a spinal affection, are so apparently alike in the main, that it requires large medical experience to decide safely and certainly between them; but the exercise requisite in an affection of the lungs would inevitably destroy life if advised for a disease of the heart or spine. In no form of sickness, is exercise so immediately and certainly fatal as in heart affections, while the results of active exercise in spinal disease are terrible, literally terrible, not in their immediate effects as involving life, but in the certain penalty of weeks and months, and weary years, of corporeal helplessness, and agonizing, almost ceaseless pain, requiring a thousand times more endurance and a far higher degree of fortitude than marching up to the cannon's mouth in the heat of battle. This shows the importance of taking early competent medical advice in cases of sickness.

THERE can be no cure of cholera without quietude—the quietude of lying on the back.

A PERSON in good health, and of medium size, will, in eight hours' sleep, breathe nine hundred gallons of air; but if one fifth of his lungs are inoperative, he consumes in the same time one hundred and eighty gallons less, and in the course of twenty-four hours, seven hundred gallons less than he ought to do. No wonder then, that when the lungs begin to work less freely than they ought to do, the face so soon begins to pale, the appetite fails, the strength declines, the flesh fades, and the victim dies. Not only are consumptions traceable to this habitual deficiency of respiration, but rheumatism, colds, chills, ague, bilious, yellow, and putrid fevers, suppressions, whites, dyspepsia, and the like. So that, in every view of the case, any method which secures the prompt detection of this insufficient breathing, and rectifies it without delay, should merit and demand the immediate investigation of every lover of the health and happiness of mankind.

MANY men perform the wonderful necromantic trick of "digging their grave with their own teeth," and others, still more strangely, seem to glide down their own throats into air.

It's the people who have leisure to mood and mope, and hug sharp-pointed memories, who fill our asylums, and not those who have a dozen irons in the fire at the same time.

THOSE who know least are most positive.



"THE Springs" have proved the grave of many young people with consumptive symptoms, and older consumptives generally get worse there. The high feeding, or get-what-you-can system of diet at watering-places, fashionable hotels, and boarding-houses, their Lilliputian, one-windowed rooms, from one to "five-pair back," the midnight clatter along interminable passages, the tardy, or no answer, to bell-call, the lookout from your chamber window over some stable, side-alley, or neighbor's back yard; these, with the coldness, and utter want of sympathy at such places, would soon make a well man sick, and will kill, instead of curing, the consumptive. They want, instead of these, the free, fresh mountain air, the plain substantial food of the country farm-house, the gallop along the highways, the climbing over the hills by day, and the nightly re-unions with family, and kindred, and friends. And yet the million stereotype this mistake, against all reason and common sense. Only now and then is one found to choose the better way, against troops of remonstrants and opposers, who never had experience, who never think for themselves—and that is the brave man who gets well, especially when he is determined to do so.

ANYTHING taken medicinally as a preventive of cholera will inevitably, and under all circumstances, increase the liability to an attack.

THE human body is in constant transition. The particles of which its structure is constituted are not the same in position and relation for any two minutes in succession. Thousands of atoms which compose it the present instant, are separated from it the next, to make a part of it no more; and other thousands, which are a portion of the reader's living self, while 'scanning this line, will have been rendered useless and dead on reading the next. There are two different armies of workers, whose occupations cease not from the cradle to the grave. One army, composed of its countless millions, is building up the body; the other removes its waste; one party brings in the wood and the coal for the fireplace and the grate, the other carries away the ashes and cinders—the builders and the cleansers. When the builders work faster than the cleansers, a man becomes fat, and over-fat is a disease. When the cleansers are too active, the man becomes lean, and wastes away to a skeleton, as in consumption. Health consists in the proper equilibrium of these workers.

It is surprising how little is known of Hominy; this is a nutritious, healthy food, and what an excellent substitute it is for potatoes during the continuation of the disease among them, which renders some that are fair to the eye unfit for food, and all exceedingly dear!

It is as impossible for a man in perfect health to be stricken down in a moment with a dangerous disease, as it is for a man who has been honest from principle for a lifetime to become in a day a forger or a swindler.

IF a man can afford to eat fried gold for breakfast, boiled bank notes for dinner, and roasted dollars for supper, he can afford to eat potatoes cooked in the same way, when they sell at two dollars and fifty cents per bushel, and not otherwise. In point of economy as human food, one bushel of beans or hominy is equal to ten of potatoes.

WE have no right, as we practically do, to a great extent, to depute the religious instruction of our children to anybody—not even to the minister, exclusively; that is the duty of the father and mother, so that the holiest memories of a departed mother's affection may be so entwined with her religious teachings, that in after life their separation may be impossible, that one may sustain the other, that both may be cultivated, and cherished, and fed together; and this is the foundation of the exceedingly comforting assurance to any Christian parent in the hour of dissolution: "When he is old, he will not depart from it."

A SINGLE fact sometimes demonstrates a great truth.

As long as it is certain that still water corrodes lead, the most unthinking person will draw the practical inference, that the water from the hydrant should be allowed to run off for the first five or ten seconds after turning the faucet to get a supply for drinking or eating.

WATERMELONS are the only things we know of which can be eaten with impunity until we cannot swallow any more. The best time for taking them is about eleven o'clock in the morning, and about four in the afternoon. They are not safe for very young children; the seeds are especially injurious to them.

IN what better condition could a person be to resist disease than in perfect health? But many persons are not satisfied with this; they must needs be teasing their stomachs continually with some villanous compound or other to make themselves better than well. All such should remember the significant epitaph inscribed (at his own request) upon the tomb of the Italian count, who, like themselves, experimented with his health under the apprehension of disease:

"I was well;  
Would be better;  
Took physic,  
And died."

To be truly hospitable, make your guest feel himself at home.

It is wonderful how afraid consumptive people are of fresh air, the very thing that would cure them, the only obstacle to a cure being that they do not get enough of it; and yet what infinite pains they take to avoid breathing it, especially if it is cold; when it is known that the colder the air is the purer it must be, yet if people cannot get to a hot climate, they will make an artificial one, and imprison themselves for a whole winter in a warm room, with a temperature not varying ten degrees in six months; all such people die, and yet we follow in their footsteps. If I was seriously ill of consumption, I would live out of doors day and night, except it was raining or mid-winter, then I would sleep in an unplastered log house. My consumptive friend, you want air, not physic.

A BAD cold never did nor ever can originate consumption. A bad cold excites consumption in a person whose lungs are already tuberculated, not otherwise, certainly; and so green corn, or cucumbers, or cabbages, or any other food, whatever it may be, which is not well digested when it passes into the stomach, will excite cholera, when a person is living in a cholera atmosphere, and the atmosphere is made "choleric" by its holding in suspension some emanation which is the product of vegetable decomposition.

WOULD a glass of wine hurt me ? This is a question often proposed to me as a physician, the patient honestly supposing that it would strengthen him. My uniform reply is : Substantial, reliable strength is only to be derived from the perfect digestion of plain, nutritious food ; all else is transient, fictitious, and worse than useless, as it ultimately, and that within a few hours, always and inevitably makes them weaker than before. Better a thousand-fold let a man die of ordinary disease than risk making him a drunkard in restoring him to health by the use of alcohol in any form, even if it could be done. The use of stimulating drinks, and they are used only because they do stimulate, are wholly pernicious to the young, even when of the purest and best.

SOME of the most splendid private mansions in the country are owned and occupied by men who made their money by the sale of patent medicines. Men of culture and wealth have their families attended by educated physicians of respectability and known worth, and so with the higher grades of the middle classes. It is upon the scanty earnings of the ignorant poor that patent medicine harpies thrive ; and but for their delusions these poor creatures could have medical advice, and medicine too, without pay.

THE perfect master of a calling elevates it.

THE whole animal creation is subject to disease, and the fewest number, comparatively speaking, die of sickness; instinct is their only physician.

AN educated and useful clergyman, after swallowing a good-sized apothecary's shop, writes us, that instead of getting better, he is becoming more of an invalid. The wonder is, that he was not dead long ago. As none of these things cured him, he applied to us. If this gentleman had ordered his habits of life aright, he would have been well long ago; but not doing that, he has been a sufferer for twelve long years. But here is an intelligent man stuffing himself with food and physic for twelve years, apparently not reflecting that nothing would cure a man who ate three times a day regularly, and between meals, with a lunch at midnight. And this is the history of many clergymen whose usefulness is curtailed, if not cut short off, and their whole existence embittered by every variety of ailment, merely for the want of a little knowledge. The man who would circulate a thousand copies of this little book among the clergy of this land, would do a greater good for humanity and the church than by erecting the costliest monuments to dead heroes.

MORE cases of throat-ail are founded in a torpid liver, or an imperfect digestion, than one physician in a million has any conception of.

CHOLERA is nothing more than exaggerated diarrhœa. When a man has died of diarrhœa, he has died of cholera, in reality. It may be well for travellers to know that the first, the most important, and the most indispensable item in the arrest and cure of looseness of the bowels, is absolute quietude on a bed; Nature herself always prompts this by disinclining us to locomotion. The next thing is, to eat nothing but common rice, parched like coffee, and then boiled, and taken with a little salt and butter. Drink little or no liquid of any kind. Bits of ice may be eaten and swallowed at will. Every step taken in diarrhœa, every spoonful of liquid, only aggravate the disease. If locomotion is compulsory, the misfortune of the necessity may be lessened by having a stout piece of woollen flannel bound tightly round the abdomen, so as to be doubled in front, and kept well in its place. In the practice of many years we have never failed to notice a gratifying result to follow these observances.

Food which is at least as warm as a hundred degrees of Fahrenheit is more speedily and more easily digested, and consequently must be more nutritious and healthful, than any eaten colder than that.

GIRLS have risen before now, from the wash-tub to the throne, and elevated both.



Dogs get well of their wounds without poultices. Dogs were the doctors who attended Lazarus ; and, what is more than can be said of some modern doctors, they treated him as they did themselves, and, no doubt, with advantage. Dogs lick their sores. It is the instinct of nature. Now let us not run off in the manner of the ignorant and superstitious, and imagine that there is some mysterious virtue in a dog's tongue, some magnetic agency passing back and forth ; but let us look with our eyes open, and in the light of a few well-known facts. 'Take a common boil, about which most of us have had a feeling experience ; the surrounding skin is dry, hot, and hard ; in its natural state it is moist and soft. To bring it to its natural state again we have only to remove the dryness, and reduce it to its natural temperature ; and what more appropriate than simple soft water, rained or distilled. But to get the full virtue of the application, it should be kept moist all the time ; this would require constant attention, the incessant applying of water, which is, in a measure, impracticable, except to the unfortunate few who have nothing to do. The softest fluid in nature is the saliva ; and it is in this property we find the virtue of the dog's licking.

How kindly wise is that Great Being who made all worlds, in adapting his creations to the safety and happiness of us, his children.

WE constantly notice, at our own table, that a child will be ravenously fond of a particular dish, and after a while turns from it. The reason is, that there was a constituent in the much-loved food which the system required, and which it drank up greedily until it was fully supplied, and then instinct would receive no more. A thirsty man, like the arid soil, drinks in the water until the one is full and the other is saturated, and then the water is refused or rejected.

SOME men work themselves to death ; some men think themselves to death. Too little rest for the body, too little sleep for the brain, are false economies of time ; and multitudes, unwittingly, bring on wasting and fatal diseases by practising these economies. Omnipotence "rested," and commanded man to do the same. Sleep a plenty, rest a plenty — these are the foundations of all great, safe, and efficient activities of body or brain.

MODERATE, continuous bodily activities in the open air, with a mind intensely and pleasurably interested in some highly remunerative pursuit, will cure any case of consumption where cure is possible ; and if this fails, so will all else.

WE believe that physical perfection begets mental vigor, and that, in turn, by appropriate tuitions, begets moral power, and that this combination makes the perfect man.

MANY girls and boys of promise, the great hope of life to yearning parents, are sacrificed every year to the cupidity of sordid, stupid, or reckless school-teachers, aided and abetted by the contemptible vanity of the thoughtless parents themselves.

A PERSON of requisite energy may permanently arrest the progress of consumption anywhere, North, South, East, or West; for it is the out-door bodily activities, and a wrought-up mind, which compels itself away from the contemplation of bodily infirmities, that replaces the hectic with the hue of health, throwing physic to the dogs. How long will it take mankind to learn these patent lessons?

A BEARD is not given to women, because every woman ought to have a home and a husband; and it is her business to stay there, and care for, and make things tidy, while he is out and about, spending his energies in providing the means for his wife's comfort and happiness.

SOME years ago, in the dusk of a summer's evening, not a living creature in the house with us, except the cook and some crickets, we were trying to think of something funny to laugh at, and revive our spirits, when the door opened, and in came a six-footer, a stranger, with wit enough to begin at once and tell what he wanted.

HALF of us are slaves. The slaves of our cooks, and housemaids, and seamstresses, and footmen, and nurses,—slaves, too, to the opinion of our neighbors, and there is no tyranny on earth like it, more remorseless, more exacting.

LET mothers remember that there is no guarantee against poverty, want, and abject destitution in this nation for a single generation. That not one in a hundred of all the girls in this land will escape the necessity of sewing, patching, cooking, and washing for themselves.

MANY a young man would have been saved from the halter, had he learned in his father's house how to "make himself useful," under all the circumstances of life.

WE love to make people think; it is only the thoughtful who are of any account in a world like this; it is the thoughtless, the heedless multitude who heap want, and calamity, and disease on themselves, and on too many of those with whom they are brought in frequent association.

TAKING so much less exercise on Sundays than on a week-day, and stimulated to eat more on that day by its superior excellency, aided by idleness, there is of necessity a repletion, an over-supply of food, which will be as certainly disastrous, as the feeding of a locomotive with more fuel while she is standing still, than when she is going ahead, with her long retinue of passengers and freight.

AMERICAN girls think it degrading to cook, and nurse, and wash, and wait on the table, and their more inexcusable and short-sighted parents confirm them in their views ; and the next we hear of them, is "starvation," "suicide," premature disease, or a dishonored grave. Let all these, especially those who can leave their families nothing, impress on the minds of their children, day by day, that it is more dishonorable to beg than to work ; that it is more criminal to do nothing than to be industrious ; that no employment is dishonorable which is useful ; and that it is not only a disgrace but a crime to be idle, from feelings of a despicable false pride.

OUR experience and observation convince us that nine men out of ten will pay in experiments for regaining health a thousand dollars more cheerfully than they would pay one for information, which, if acted upon, would certainly preserve it, and fortunate it is for us doctors that the masses are such numskulls, else we would find our occupation gone.

SCIENTIFIC men have forced on the common mind, by slow degrees, the importance of a daily ventilation of our sleeping apartments, so that now none but the careless or most obtuse neglect it ; but few think of ventilating their cellars, although it is apparent that the noisome dampness is constantly rising upwards and pervading the whole dwelling.

WE know of no better, safer, simpler, more accessible poultice, for most purposes, than one made of stale, light bread and sweet milk. Its superiority lies in its being always at hand, and in its keeping moist longer, and being more readily re-moistened, than others.

EMANATIONS from cellars do not kill in a night, if they did, universal attention would be forced to their proper management; but it is certain, from the very nature of things, that unclean, damp, and mouldy cellars, with their sepulchral fumes, do undermine the health of multitudes of families, and send many of their members to an untimely grave.

HAIR-DYES for whiskers have become very common of late years; they have to be repeated once a month; their more immediate effect is to impart a dead, black color, which at once reveals the hypocrisy, and that it should so disturb the natural functions of the skin, by such frequent application, as to lay the foundation for callosities, cancers, and other affections, is at least to be apprehended. The employment of such cheateries is altogether incompatible with that feeling of independence and self-respect which characterizes an educated gentleman.

TEMPERANCE and virtue are among the greatest panaceas yet discovered.

HONOR and profit everywhere, say we, be to the men who show their light, that the toiling sailor at sea, in the midnight storms of human life, may see its beaming, take courage, and strike afresh for the haven of rest and of home.

BLESSED is that Providence which seldom sends a single trouble! It is fatherly beneficence which often orders another, to tear the heart away from dwelling on the one great calamity. It is single troubles which craze men. It is not the general student whose mind becomes unbalanced. It is not the man who has a great many irons in the fire at a time; it is not the worker who has more business than he can attend to: it is the man who has leisure to do nothing, it is the man who nurses the one thought wholly, who makes shipwreck of the immortal part.

LET all parents, let all who are about to be married, let all the married, remember that the inculcation, the practice of self control, is the keystone of practical religion, it is the panacea for domestic disquietude, the entrance-door, of a heaven on earth, and a brighter heaven in the skies.

LET us resolve, one and all, as we must "live for ages," for good or for ill, that we will live to elevate and bless humanity, by being truthful in every line we write, in every sentiment we utter.

HOUSING-UP will kill any invalid.

BUCKWHEAT cakes and molasses make a favorite dish for multitudes in winter time. Why not in summer also? We need in winter the food which contains most carbon; that is, the heat-producing principle, something which will keep up the internal fires to compensate for the external cold. Meats, everything containing fat, are largely made of carbon, hence we instinctively eat heartily of meats in winter, but have small appetite for them in summer. The same instinct receives greedily the buckwheat cakes in winter, and turns from them in summer, while other forms of bread materials, meal and flour, are desired all the year. It is because buckwheat cakes are superior to bread as to fatty matter, while the syrup and butter used with them are almost entirely of carbon. So that there is nothing more suitable for a winter morning's breakfast than buckwheat cakes and molasses.

THE simple fact that any given item of food is not good for one man, does not "set well" on the stomach, is no proof that it is not positively beneficial to others; it is simply a proof that it is not good for him. This is a practical thought of considerable importance.

THE change from a life of bodily labor to one that is sedentary, is always attended with danger, and is seldom made with impunity.



IF a fire is kindled in every dwelling at sun-down and sun-rise, and the family sit in the same room until bedtime, with all outer doors and windows closed, and kept closed during the night, all autumnal diseases, as epidemics, would become impossible of occurrence, because it would be contrary to physical law. A large lump of ice suspended in a sleeper's room, so as to keep the air at the level of his breathing, at seventy-five degrees, would be equally effective in this regard, because miasm cannot be held in solution in an atmosphere of that temperature. It would, as it were, be precipitated to the floor of the room, as we know carbonic acid gas is thrown to the floor by a certain degree of cold. It is greatly to be regretted that these things are not more thoroughly known among physicians, as well as the people, for practical and rational attention to them would avert an incalculable amount of human suffering.

MEN may live long in spite of some pernicious habit, but without it they would have lived longer. Incorrect reasonings in this regard have often ruined health and shortened life, and will, in multitudes of instances, do it again.

NINE times out of ten the best answer which a physician can give to the patient, who, with direful look and dolorous tone, inquires, What shall I do? is, Go to work.

OF the in-door occupations, some of the most trying to the human constitution are working in cotton, hemp, paints, dyeing furs, tobacco, lucifer matches, manufacturers' trimmings, and the like, involving the filling of the air with minute particles. Blondes, that is, persons with light hair, fair skin, and blue eyes, as also those having sandy or reddish hair, should, by all means, select some active, out-door vocation. Brunettes, persons having a dark skin, indicating the bilious temperament, accompanied usually with black hair and dark eyes, should select a calling which, whether in-door or out, will require them to be on their feet, moving about nearly all the time, in order to "work off" the constantly accumulating bile. The mixed temperaments can best bear sedentary in-door occupation, such as a combination of the bilious and nervous. Spare persons, not having much flesh, but enough of the nervous and sanguine temperament to give them a wiriness of constitution, these can bear in-door occupations best; their activity arising from the nervous temperament keeping them in motion (the tongue, any how, if women), while their hopefulness, arising from the sanguine temperament, keeps up their spirits, which is an element as essential to success as it is to health.

PERSONS with weak eyes should not read, or write, or do fine sewing, on an empty stomach.

LET every dish be composed of a single article of food ; if it be of potatoes, let it be of potatoes, and nothing else ; let rice be rice, and soup soup ; let every meat be fresh ; let every vegetable be perfect, ripe, recent ; let everything of the fish kind, especially in summer, be seen "a kicking" within the half hour of cooking ; and let three articles of food, at any one meal, be the largest allowable variety ; for it is variety of food at each meal which is the great tempter to excess in quantity ; the great founder of that dyspepsia which is the torment, greater or less, of half the people of any civilized nation. It will be a difficult matter for any person in ordinary good health to eat too much at a single meal made of two or three articles of food. It is worth trying.

OBSERVANT persons know very well that the way to make a man of anybody is to make him help himself ; and that the inability to do that oftener arises from the indisposition to do so, than from the impossibility of doing it. Show a man how, make him feel that he ought to take care of himself, and in nine cases out of ten he will go and do it.

THE bestowal of five dollars on a sick pauper may infuse a health-giving hope, and waken him up to a new life, but it would have no such effect on a sick prince.

By far the most frequent causes of disease are found in the food we eat and in the air we breathe, the rectification of both of which is within our own power ; requiring only a moderate amount of intelligence, but a large share of moral power, that is, a resolute self-denial. It thus follows that death, short of old age, is chargeable to man himself; that in an important sense, the great mass of those who die short of threescore years and ten are the authors of their own destruction. And each should inquire, "To what extent am I chargeable with my own ailments?"

THE most elevated and refined of cities use various kinds of wines, and too often recommend their children to do the same, to end in drinking vulgar gin, or in secretly chewing opium.

IN all cases of old sores, apply to a physician of age and experience. If that is not practicable, the safest and best plan is, first to diminish the amount of food eaten each day, one half, and keep the parts in a cleanly condition, by washing them twice a day in soft, milk-warm water, until relief is given.

GIVING degrades. Helping encourages and elevates. The truest charity is to help the helpless to help themselves. This it is that makes men of them, instead of encouraging them into whining beggary.

LET us all turn our attention in upon ourselves, and cultivate a deep and an abiding gratitude to the Giver of all good, in that we and ours have been born perfect in limb, and form, and feature; our bodies without a blemish, our minds without a blot, and, further, that these things have been continued to us for the period of a lifetime, and that we have had given to us all things richly to enjoy, by a beneficence as ceaseless as the flow of time, and as boundless as the universe.

THERE can be no doubt that many young men, who might have lived to high distinction, have lost health and life itself, from want of timely and judicious advice, as to their habits of life, being deterred from seeking that advice from their inability to pay for it. We believe a valuable substitute may be found in this book, in which we mainly strive to show how ordinary ailments may be cured by natural and inexpensive agencies.

It is through a report of "disease of the heart" that many an opium-eater is let off into the grave, which covers at once his folly and his crime; the brandy-drinker, too, quietly slides round the corner thus, and is heard of no more; in short, this "report" of "disease of the heart" is the mantle of charity, which the politic coroner and the sympathetic physician throw around the grave of "genteel people."

LAZY people eat more than the busy, at least for a while, because it affords them enjoyment; it is a standing source of gratification, until they become dyspeptic, when every meal becomes more or less a torture. But want of occupation has its attendant moral evils as well as physical. Idlers are nervous, fretful, peevish, cross. Ill-nature becomes a second nature, and they grumble, and complain, and whine, from morning until night, with chance intervals of sunshine, but ever so transient.

WE know that persons are born with the physical characteristics of their parents — born with their parents' diseases. Napoleon's mental nature was impregnated from his mother before his birth, when she rode by her warrior husband, at the head of armed bands, for days, and weeks, and months together; while at the same time he inherited the disease of his father, and likewise perished with it. It is notorious that three fourths of the idiotic are born of parents, one or both of whom are drunken; shadowing the state of mind of the parent bestial, stupid, low, at the instant of conception, as the mould in which the child is cast. Some practical use may be made of these things, but not, we presume, until the human mind becomes more generally, more thoroughly, more supremely religious, from principle, high, uniform, abiding.

OF all human occupations which do not render a man amenable to the laws of his country, the most universally and invariably destructive to the health of the body, as well as that of the mind and heart, and yet coveted by many, although it is the hardest work in the world, is that of having nothing to do.

"A DYING man can do nothing easy," were the last words of the immortal Franklin. A diseased man can do nothing well, are words of our own, and quite as true.

MAKE a child good, and you give good assurance against idleness, beggary, and wasting disease. Teach a child to be clean, to be truthful, to hate all wrong-doing, to be industrious and saving, and with a thorough education in "reading, writing, and arithmetic," you make him rich beyond the inheritance of paternal millions.

THE most destructive typhoid and putrid fevers are known to arise directly from a number of persons living in the same small room.

It is the nature of still air to become impure. Running water purifies itself. Air in motion, draughts of air, are self-purifiers. Thus it is that the air of a close room becomes impure inevitably. Thus it is that close rooms bring consumption to countless thousands.

MANY an excellent clergyman has lost his voice, and eventually his life, by preaching in a cold, damp, and close church; and multitudes of people have been made invalids for months and years, and have prematurely died, from sitting in churches insufficiently warmed in winter time. The atmosphere of any building closed for six days in the week becomes unfit for respiration in summer as well as winter by reason of its damp, heavy closeness. It requires several days for the cold and damp to get into a closed house, and a much longer time for it to get out. Hence, after several days of very severe weather, it may be sultry, even uncomfortably warm in riding, walking, or any other slight effort, and no fire is deemed necessary; on the contrary, the air of the church seems, on first entering, to be refreshingly cool, but has, nevertheless, sowed the seeds of untimely death in multitudes; for, remaining still for a couple of hours, the body becomes chilled through and through, to be followed by fever, pleurisy, inflammation of the lungs, or other dangerous forms of disease.

BROKEN bones may be prevented in icy weather by taking steps short and slow, but fast and long, in all weathers, in a direction from a mad bull.

A TRUE man is never discouraged except by a demonstrable impossibility.



HAD we the peopling of a world like this, with present views of human nature and human need, we would turn every son and daughter into the great harvest field of life without a shirt to the back or an implement to the hand. The necessity for "device" has been the material salvation of the human family. No children are so utterly worthless as those who never knew an obstacle between an expressed desire and its gratification. No child is so irretrievably ruined as the one whose parent is its slave. Let every one enter the world with an income, and it would, under the present constitution of things, become, within a century, a world of idleness, gluttony, and havoc-making disease; so that while it is true that, in one sense of the word, "the destruction of the poor is their poverty," it is, in another sense, not less demonstrable, that poverty is the material safety of the race — as witness the brightest, highest names in history, ancient or modern. Poverty has been the main stimulus in almost all sublime lives.

READER, go this minute and do some good deed to somebody, for you may die to-morrow; and if you do not die to-morrow, "repeat the prescription" every day until you do.

It is an absurdity to purchase wood by measure. Its heat-producing qualities are in proportion to its weight, if seasoned.

As far as health and disease are concerned, we have instructive examples of the practical failure of fanaticism in the lives of Graham and Alcott. As citizens, as far as we know, they were good men, honest, well-meaning, benevolent, and humane; but when we look for the practical good effect of their theories, as exhibited in their own persons, and we may well suppose under the very highest advantages of correct, intelligent, and thorough application, there is confessedly a sad failure. Graham, who gave name to the famous "Graham bread," died at the age of fifty, and Alcott only completed his threescore years; both of them frittered away their lives in attempting to foist their crude notions upon public acceptance, with loud assurances of a serene and healthful old age. They exhibited great goodness of heart in their self-denials, and their severe sacrifices, in attempting to prove the truth of their vagaries; but this does not sanctify their own destruction, and the destruction of multitudes of weaker-minded persons who took hold of their half facts and ran them into the ground, to their own undoing. Their sincerity, their honest belief in the truth of their theories, did not extend their own lives to an encouraging limit; while, on the other hand, there is reason to suppose they shortened them by their ill-advised experiments. Alcott drank no water for a whole year, and lived many years on fruits and

vegetables, never tasting meat, or milk, or butter, or yeasted bread, only to die at a time when both body and mind ought to have been in their highest prime. Let these melancholy results learn us who still live, the true wisdom of avoiding extremes, remembering that a kind Providence has given us *all things richly to enjoy*, only enjoining to be temperate in the use of them, and in this is enduring health, an effective life, a serene and happy old age.

DID any man ever know a farmer who was not an habitual grumbler, who was not always ready with a too dry or too wet, too backward or too forward, too hot or too cold? We ourselves have known some, not many, who were habitually and humbly thankful for whatever kind of weather a kind Providence thought proper to send.

Slenderer -  
In a farmer -

THE sleep of the overworked, like that of those who do not work at all, is unsatisfying and unrefreshing, and both alike, wake up in weariness, sadness, and languor, with an inevitable result, both dying prematurely.

A TEASPOONFUL of cayenne pepper given to a dozen hens with their food, every other day, winter and summer, will nearly double the daily yield of eggs. This same capsicum, at meals, is far better for the human stomach than brandy, better for the debilitated than any "tonic," drops, or bitters ever swallowed.

SOME people set out to starve themselves into health, until the system is reduced so low that it has no power of resuscitation, and then die. To diet wisely, does not imply a total abstinence from all food, but the taking of just enough, or of a quality adapted to the nature of the case. Loose bowels weaken very rapidly; total abstinence from all food increases the debility. In this case food should be taken, which, while it tends to arrest the disease, imparts nutriment and strength to the system. Rest on a bed, and eating boiled rice, after it has been parched like coffee, will cure three cases out of four of common diarrhœa in a day or two. Others think that, in order to diet effectually, it is all-important to do without meat, but allow themselves the widest liberty in all else. But in many cases, in dyspeptic conditions of the system particularly, the course ought to be reversed, because meat is converted into nutriment with the expenditure of less stomach power than vegetables, while a given amount of work does three times as much good, gives three times as much nutriment and strength as vegetable food would.

HURRY from your bed-chamber the instant of rising; hoist the windows of your sitting apartments, fling wide open your doors divers times daily, even in the coldest weather, and let out the death, instead of drawing it into your own system to fester, and corrupt, and rot you.

WE ought to study how to keep well, if we are so already; how to regain health, if we have lost it, — as a means of enjoying that religion to the full whose end and aim is an immortality of bliss.

THE heart has two suits of rooms — one filled with impure blood, going to the lungs to be purified, the other containing the purest blood of the body, which, having undergone purification and perfection in the lungs, has been returned to this other side of the heart, to be propelled therefrom to the most distant portions of the human frame, imparting, in its progress, renovation, restoration, and life. The right side of the heart contains the impure, imperfect blood, while the pure blood is found in the left. But it cannot get from the right side into the left without passing through an out-house, the lungs, where the purifying process is carried on.

Our children sit, and eat, and sleep, and study too generally in apartments that seem to have been constructed studiously to prevent the admission of pure air. Our assembly-rooms, school-houses, and churches are generally built without any reference to a free circulation of fresh air. It is my solemn conviction, from long observation, that many children are made dwarfs, or live pale, emaciated, nervous, consumptive specimens of humanity, and then die before their time, from the want of pure air more than from any other cause.

How strongly the appetite yearns for a pickle, when nothing else could be relished, is in the experience of most of us. It is the instinct of nature pointing to a cure.

THE breathing of a vitiated atmosphere, whether in close and small rooms, or large and close bedrooms, or in family rooms over cellars without ceilings, whose noisome odors rise incessantly, day and night, to the upper portions of the buildings, — the fumes from decayed vegetables, barrels and boxes, sodden with dampness, which have not seen the light of the sun for years, saying nothing of old bones, rags, brooms, and various other things for which the cellar is used as a common receptacle; or whether these miasms and malarias are generated in dirty back yards, or piles of sweepings heaped up under stairs, or in closets, or dark corners, or from livery-stables, or cow-houses, or pigpens, or butcher stalls, or vegetable markets, — by an immutable law of nature bring injury to the system with the same certainty that gravity will affect a projected feather, or cannon ball, or mountain. These are truths which every person should know for himself, and should teach to his children from their earliest years, for it is only by the diffusion and practice of knowledge like this that we can ever hope to see a healthy offspring, and to enjoy, not only with impunity, but with advantage, all that is meant by the term *modern conveniences*.

By an arrangement of Providence, as beautiful as it is benign, the fruits of the earth are ripening during the whole summer. From the delightful strawberry on the opening of spring, to the luscious peach of the fall, there is a constant succession of delightful aliments — made delightful by that Power whose loving-kindness is in all his works, in order to stimulate us to their highest cultivation, connecting with their use, also, the most health-giving influences; and with the rich profuseness of a well-attended fruitery, it is one of the most unaccountable things in nature that so little attention is paid, comparatively speaking, to this branch of farming.

THE teeth should not be washed in cold water, especially after eating, because the contrast between it and warm or hot food is too striking, and chills them.

THE reckless take wine, or brandy, or vulgar beer; the conscientious do worse, and take physic, calling it "bitters," tansy, dogwood, quinine, and such "simple things," especially the quinine, which has helped to invalid and kill more people than would make a monument sky high.

THE outrages and stupidities practised in modern education are not amazing, for a sensible man is prepared for anything, and has no amazement; but they are mischievous in the extreme.

To be true, only with the help of a quibble, has always and everywhere our most unmitigated contempt. Our definition of a LIE is, *An attempt to make a false impression.* Whether successful or not, the crime is the same. Whether that false impression is made by word, or mark, or sign, or shrug, or look, or false coloring, whether by the omission or addition of a single jot or tittle, or word, or fact, the infamy is the same. These being our sentiments, we have never undergone the humiliation of a retraction or apology for the defamation of any human creature, and that we have never been called to such a trial, and that no human heart has thus ever been wounded by us, is one of the sweetest thoughts of our existence. We are thankful to be able to feel that we have no private malice to gratify.

OF all the parts of corned beef, that is the most nutritious and cheapest which is called "the round," which has neither bone nor gristle, nor waste fat worth naming.

BOTH in the purchase of meat and fish, persons are generally falsely economical in choosing an article with bone in it, at two, or three, or more cents a pound less than a piece which has none.

MIASM and malaria are the great death agents throughout the largest portion of the habitable globe.



EATING a hearty meal at the close of the day, is like giving a laboring man a full day's work to do, just as night sets in, although he has been toiling all day. The whole body is fatigued when night comes, the stomach takes its due share, and to eat heartily at supper, and then go to bed, is giving all the other portions and functions of the body repose, while the stomach has thrown upon it five hours more of additional labor, after having already worked four or five hours to dispose of breakfast, and a still longer time for dinner. This ten or twelve hours of almost incessant labor has nearly exhausted its power; it cannot promptly digest another full meal, but labors at it for long hours together, like an exhausted galley-slave at a newly-imposed task. The result is, that by the unnatural length of time in which the food is kept in the stomach, and the imperfect manner in which the exhausted organ manages it, it becomes more or less acid; this generates wind; this distends the stomach; this presses itself up against the more yielding lungs, confining them to a largely diminished space; hence, every breath taken is insufficient for the wants of the system, the blood becomes foul, black, and thick, refuses to flow, and the man dies.

• THE hardest toil of all, for daily bread, is the toil of the brain.

ONE of the most important items in the pages of this book is, Whenever the hour of bowel action has passed by without its occurrence, do not swallow an atom of food until it takes place. This alone would remove the cause of half our diseases.

THERE is more sound practical hygiene on the subject of healthy houses in the fourteenth chapter of Leviticus, from verse thirty-four, than in all the skulls of all the health commissioners and common councils of all the cities of Christendom. Pity it is that we do not read our Bible more — that great book, which contains the leading principles of what is indisputably good and useful.

ANY educated physician, of even moderate observation and study, knows there is no medicine on the face of the earth which will prevent the spread of any epidemic. More: any medicine given steadily during an epidemic has a natural tendency to act as a cause of the disease, and any person taking it will be more liable to the disease than if they did not take it at all.

THE conceit of a fool is as amazing as the cowardice of a braggadocio.

THE real cause of disease and premature death to multitudes in large cities, in winter time, is not the want of money (for, if furnished, it would be improvidently expended, in nine cases out of ten), but it is the want of food and warmth.

IN winter railroading, the feet require most attention. The floor of the car is the coldest part of it, under any circumstances, while a single plank separates them from a zero temperature, it may be. Persons will greatly consult their comfort by keeping their feet on the foot-boards, and in addition, have the feet and legs well wrapped in a substantial blanket or other covering. It is vastly better to shawl the feet than the shoulders in a rail car.

THE time taken from seven or eight hours' sleep out of twenty-four is time not gained, but time more than lost; we can cheat ourselves, we cannot cheat Nature. A certain amount of food is necessary to a healthful body, and if less than that amount be furnished, decay commences the very hour. It is the same with sleep; and any one who persists in allowing himself less than Nature requires, will only hasten his arrival at the mad-house or the grave.

THE healthiest of all callings, and which, when intelligently prosecuted, involves a large share of bodily activities, with a wide range of intellectual and scientific inquiry, deserves more attention than the present age accords to it. One of the greatest mistakes of the times is, that "anybody has sense enough to be a farmer;" that it is a pursuit which can be taken up and successfully prosecuted without pre-culture,

NEVER allow a child to be put to sleep by any servant, on any pretence whatever, nor permit it to go to sleep at any other than the regular time ; and then put the child to sleep yourself, and, if properly managed, all that you have to do is, to take the child to a quiet, darkened room, place it in the bed, with a few affectionate words, uttered in a kindly tone, leave it, and it will be asleep in five minutes, without rocking, singing, coaxing, or anything else.

CELIBACY is the ruin of any nation ; it is a greater moral curse than drunkenness ever has been ; and the parent who countenances it, is, to that extent, his child's worst enemy, whether that child be son or daughter.

CLIMATE is constantly changing. The constitutions of men are constantly changing. The habits of society are constantly changing. The circumstances and conditions of domestic life are constantly changing. Such being the case, that practitioner cannot command success who administers to-day the same remedy for the same symptom which he did twenty years ago. Every observant physician knows that the types of disease vary from year to year, and he is the most successful man who earliest notices that change, and judiciously adapts his remedies to it. This is the key to successful practice everywhere. This gives "eminence" to men of the time, and we want their experience and "prescriptions."

THE less you wear at night, the more good will your clothing do you in the daytime. Those who wear a great deal of clothing at night, must wear that much more in the day, or they will feel chilly all the time; and our own observation teaches us that the people who muffle up most are the most to complain of taking cold. But why wear flannel next to the skin, in preference to silk or cotton? Because it is warmer; it conveys heat away from the body less rapidly; does it so slowly, that it is called a non-conductor; it feels less cold when we touch it to the skin than silk or cotton. If the three are wetted, the flannel feels less cold at the first touch, and gets warm sooner than silk or cotton, and does not cling to the skin when damp as much as they do.

AT a tea party of sixty old women in England, it was ascertained that they were the mothers of eight hundred and sixty-nine children. The presumption is, that these women were tea-drinkers habitually, and it is equally inferable that they did not drink it very "weak;" yet they were healthy enough to be old, and healthy enough to be the mothers of large families. An isolated fact proves nothing, but this one is suggestive. It is, then, safer and healthier to take a cup of warm tea for supper than a glass of cold water. With our habits of hearty suppers, it is better to take a cup of warm tea than to take no drink at all.

FAR back in the present century, a young man asked for employment in the United States Armory at Springfield, Massachusetts; but he was poor, and modest, and had no friends, so he went away without it; but, feeling the man within him, he sought work, until he found it. An age later, he visited that armory the second time, not as a common day-laborer, but as the ablest speaker of the House of Representatives for many years at Washington. Go to, ye dandified, kid-gloved, soft-headed, lady-tending numskulls, begin life over again, if you wish to leave your mark on the world's history, by earning your first dinner in honorable labor; and resolve, that what you eat, and drink, and wear, from this day forward, shall be from your own earnings, and you will yet die men.

If people were blessed with common sense, and a little wholesome self-denial, they might often escape severe colds and fevers by resolute measures adopted in season.

It is too much the custom to measure one's health by the avidity of his appetite and his increase in flesh, as if he were a pig; forgetting that a voracious appetite and fat are always indications of a diseased body. A uniform, moderate appetite is the attendant of good health. A racer's ribs must be seen before he is fit for the track, because then he is most capable of endurance.

THE immoderate use of cold water is prejudicial to health, whether as a drink or a lavement, and so is the immoderate use of bread and butter. It is the argument of a fanatic to say, that because the excessive use of anything is injurious, it should, therefore, be discarded altogether.

IF churches are chilly, the sooner you get out after service, and walk briskly, so as to wake up the circulation, the greater will be your chances of not taking cold.

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## CONCLUSION.

WHATEVER is done to promote the circulation of this book, will be a public good, for the time has come when the study of the health must become an essential branch of primary education; every year increases the necessity. Our fathers and mothers were hale and hearty at sixty, seventy, or eighty years of age, and yet they never bothered themselves about the liver, and stomach, and digestion, and brown bread and baths, and hair brushes; they lived in blissful ignorance of the locality of the liver, "lights," or anything else than the stomach; the whereabouts of "that animal," they were regularly and pleasurably reminded of three times a-day; but not so with

us, their degenerate sons, whose houses are cumbered with double sashes to keep all the pure air out, while every pains is taken to keep the foul air in; with patent shower-baths, to chill us to death; with hot-air furnaces, to stew us with their stifling, humid heat; with carpets, to hide dust and dirt, to harbor dampness and noxious gases; and lazy, loafing rocking-chairs, to insure three crooks in every spine; and cushioned ottomans, sofas, lounges, fauteuilles, vis-a-vis, and a great many other French things, to engender constipations, piles, fistulas, and lingering death. They indeed lived in log houses, and sat by roaring wood fires, feasted on plain "hog and hominy," used burnt bread-crust for coffee, drank "yerb teas" instead of "store tea," wove flax and linsey-woolsey, and manufactured what they wore in the loom-house, which was considered as indispensable an appendage to a dwelling as a kitchen; they went to bed a little after "candle-light," and rose at the "crack of day," working steady in the open air from "morning to night," beginning their "Sabbath" at Saturday sundown, walking across the fields "to meeting" on Sunday morning, taking a light lunch at noon under the shady trees in the churchyard; not so engorging themselves with a rich Sunday dinner, of extra invitingness, as to render them so insufferably stupid and sleepy during the whole of the afternoon, as to cause it



to be made "fashionable" to have no "preaching" in the afternoon; but to snore it out at home, in blissful security of its ever being known by the interruption of comers-in, because it isn't pious "to visit on Sundays."

Persons who have lived thus, regularly, industriously, temperately, religiously, can well afford to be ignorant of the laws of health, and the precautions necessary to preserve it to modern livers; for to those who live naturally, Nature is a self-regulator; her instincts are a guide and a safeguard as to health and disease. But men, whose whole lives are artificial, must study how to preserve the health under such artificial circumstances, or the race will die out; and nothing else can prevent it except intermarriage among hardier tribes. But where are they to come from? Civilization is deteriorating the physique of the nations across the waters as well as here. Be assured, reader, that the only remedy for the physical salvation of man is to secure a practical intelligence as to the laws of his being; and such is the designed tendency of this BOOK; AND WE HOPE IT WILL HAVE A TREMENDOUS SALE, BECAUSE WE WROTE IT, AND FIRMLY BELIEVE IT TO BE A VERY, VERY GOOD BOOK INDEED.

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